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HALL OF FAME TREASURES {page 16}

VEGETARIAN APPETIZERS
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VANCOUVER metro®
Monday, December 12, 2011
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News worth sharing.

2nd time's the charm

Original footage of Grey Cup celebration was lost, but fans rallied to give B.C. Lion James Yurichuk another day with trophy ▶ Video should be on YouTube tomorrow: Friend

DANIEL PALMER
VANCOUVER@METRONEWS.CA

B.C. Lions linebacker James Yurichuk got to relive his moment of glory with the Grey Cup after fans rallied in support online.

Last week, Yurichuk and friend Bradley Friesen took the CFL trophy to the top of a mountain and filmed the event. But in the subsequent celebrations, Friesen misplaced the SD cards and he later asked for the public's assistance in finding them.

On Saturday, the Lions decided to give the pair the opportunity to reshoot the unique celebration with the cup.

"We brought two video guys, two helicopters and had 10 cameras," Friesen said, making sure to safeguard the footage before going out on the town that night.

This time, Yurichuk took a moment atop the mountain to film a personal video dedicated to his friends and family in addition to the aerial footage.

"This is one of the only spots I've ever been in where there's nobody but yourself," Yurichuk said.

"I just wanted to share that moment with my family."

CONTRIBUTED

▶ James Yurichuk holds the Grey Cup atop a mountain peak. The linebacker was given a second day with the cup to reshoot part of his day with the trophy.

Friesen, a seasoned helicopter pilot and Lions fan, felt honoured to be part of the day.

"It made me realize not only how visually stunning what we were filming was, but what it all really means — how special this is to him, his friends, family and relatives. This is his moment, and I'm so glad I got to be a part of it because, really, in 20 years of flying, it's the most amazing thing I've ever done," he said.

Friesen said people have been approaching him on the street, asking about the missing SD cards. He has received numerous leads, but nothing has turned up.

"A bus driver sent me an email and said he saw a poster for someone who had found SD cards. It turned out to be some guy's vacation pictures from two or three years ago."

Local

Cold water the culprit?

Officials trying to determine why endangered sea turtles are washing up on B.C. shores {page 4}

Sexiest of them all

Aniston tops list of hottest women of all time {page 20}

Finalists are in

Top Canadians vying for prize in Metro Global Photo Challenge {page 14}

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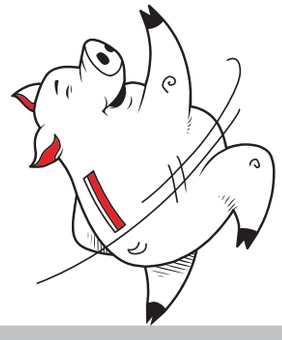

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Arrests made in alleged hate crimes

Mounties say the arrest of two B.C. men has put a dent in organized hate in the province.

The two men are accused of being neo-Nazis belonging to the group Blood and Honour and are charged with attacks on minorities in Vancouver.

In one case, a Filipino man who fell asleep on a discarded couch on a city street after a night of drinking was doused in an accelerant and set on fire.

Police say membership in the hate group in B.C. is somewhere between a few people to 15 people.

THE CANADIAN PRESS

Three injured in Abbotsford dispute

Three men are in hospital following an incident that began at a house party in East Abbotsford.

On Saturday, a group of unwanted guests arrived at a house party. There was a fight and someone released bear or pepper spray. A group of males reconvened at Clearbrook Park where a 19-year-old was struck with a blunt object, resulting in a serious head wound.

Police received another call claiming someone was being chased in the same area. Upon arrival, they found a 17-year-old suffering from a serious head injury. He remains in hospital in serious condition. Another 17-year-old man was found in hospital with an injury to his abdomen. KENDRA WONG

RICHARD LAM/THE CANADIAN PRESS

▶ B.C. NDP Leader Adrian Dix takes to the stage during the B.C. NDP Convention in Vancouver on Saturday.

NDP leadership hopefuls outline platforms in B.C.

- Town-hall forum on Saturday saw nine candidates squaring off
- National child-care plan among the key issues highlighted

A national child-care plan, health care and First Nations poverty emerged as the dominant issues at a town-hall forum headlined by nine NDP leadership candidates hoping to clinch the top job.

Nathan Cullen, the lone British Columbia MP in the race and a father of 16-month-old twin boys, said Saturday the Conservative government's policy of providing $100 a month per child to families is "a slap in the face" when a national child-care plan is needed.

Toronto MP Peggy Nash, a mother of three children, vowed to make an affordable, accessible and reliable child-care program a first-term priority if she wins the race.

"Rather than shovelling no-strings-attached tax cuts back to wealthy corporations or subsidizing the oil-and-gas sector, let's spend some money to create social justice in this country by investing in a national child-care program," she said.

Nash, Cullen, Manitoba MP Niki Ashton and Montreal MP Thomas Mulcair were among the most confident speakers during the forum attended by about 400 delegates who had also turned out for the provincial NDP's 50th anniversary convention.

The format for the forum involved the candidates being split into three groups of three, with each person responding to a different policy question in one minute.

THE CANADIAN PRESS

Sihota re-elected

B.C. New Democrats have re-elected Moe Sihota as the party's president during their annual convention in Vancouver.

Sihota says a party president needs experience in how to build an election campaign, how to run elections and how to raise money. THE CANADIAN PRESS

1 news

In light of a difficult economy, the Pope reminds the faithful that there's more to Christmas preparations than buying gifts. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Italy's union leaders say they're going ahead with a call for a general strike to protest pension reform. More at metronews.ca/news

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Turtles unable to endure frigid waters: Biologist

In cold waters, sea turtles' bodies shut down in a coma-like state and they continue to drift ▶ Autopsy could reveal dangers to 'threatened' species

CONTRIBUTED/VANCOUVER AQUARIUM

▶ A green sea turtle is examined on the west coast of Vancouver Island.

KENDRA WONG
VANCOUVER@METRONEWS.CA

B.C.'s cold waters may be the cause of several threatened sea turtles washing up on Canadian shores, said a biologist at the Department of Fisheries and Oceans Canada.

"What probably happened was the sea turtles were foraging or swimming in B.C. waters and they got caught in cold water," said marine biologist Lisa Spaven. "Their bodies shut down into a stunned state."

B.C. waters are warm enough for sea turtles in early fall; however, if caught in temperatures below 14 C, they enter a coma-like state causing their heart beat to slow down and leaving them drifting at sea without food.

Three rare hard-shelled sea turtles have been stranded on the beaches of the Pacific Rim National park reserve in the past two weeks, with the most recent one found last Wednesday.

6 There have been six sea turtle sightings this year.

The young male green sea turtle was in poor condition and taken to the Vancouver Aquarium for veterinary assessment and treatment. The other two turtles have died.

According to Spaven, an autopsy of the two dead turtles could reveal why the tropical species is becoming threatened.

"We would examine the diet, and stomach contents to see if there is any danger to the larger sea turtle population," she said.

Training pups need homes

WEST COAST ASSISTANCE TEAMS/FACEBOOK.COM

▶ A West Coast Assistance Teams yellow lab pup

A local charity that provides trained dogs for disabled people in the Lower Mainland is searching for puppy raisers over the holiday season.

West Coast Assistance Teams hopes to find a temporary home for four yellow lab puppies and people willing to train them for a year to 18 months.

Shelley Grogan of West Coast Teams admitted taking care of dogs is a large time commitment, but believes the program is rewarding.

"When you reach six months, you're so used to the dog being there. The dog becomes an extension of who you are," she said.

The volunteer-based program offers food and vet care for the dogs. They also require puppy raisers to attend a weekly Monday meeting in Burnaby, which offers training for both puppies and trainers.

KENDRA WONG

RURAL PROPERTY

RCMP haul in assault rifles, body armour

Military-grade assault rifles, body armour and handguns have been seized by RCMP from a rural property in Nasko Lake Provincial Park.

Alexis Creek RCMP say they executed a search warrant on the lot, thought to be abandoned until police received a tip Dec. 8 and were surprised to find dozens of weapons.

In all, the property contained 45 rifles, two handguns, several sets of military body armour and thousands of rounds of ammunition.

Investigators say the rifles are mostly assault rifles and have been smuggled into Canada.

So far, the seizure hasn't been linked with either gang activity or any militant groups.

The investigation is ongoing and police are not releasing any more details.

MATT KIELTYKA

CONTRIBUTED/RCMP

▶ Craig Callens

New top B.C. Mountie promises to tackle bullying, harassment scandal

There's a new top cop in charge of British Columbia's RCMP, and he's pledging to take the force's latest scandal head-on.

Assistant Commissioner Craig Callens was named head of E-Division Friday and says the force needs to make "serious changes" to deal with claims of bullying and harassment by former female officers.

He says part of that strategy is getting more women into higher ranks.

The force in British Columbia has been battered in recent years by scandals, the most recent being allegations from a high-profile officer of constant sexual harassment.

Other former women officers across Canada have come forward with similar stories after Cpl. Catherine Galliford went public last month with her explosive allegations.

The new head of the RCMP, Commissioner Bob Paulson, also said this week the issue needs quick and decisive attention.

THE CANADIAN PRESS

Sleeping-bag donations made to homeless

The Lotus Light Charity Society distributed sleeping bags to Vancouver's homeless on Saturday.

At the 16th annual drive, volunteers from the British Columbia Ambulance Service distributed 250 sleeping bags and emergency care packages to residents of the Downtown Eastside.

They have 2,000 sleeping bags to distribute over the coming weeks.

KENDRA WONG

Fire guts barn and exposes grow-op

A large marijuana grow-op was found inside a burning barn in Chilliwack, according to media reports.

Firefighters were called to the 6600 block of Prest Road Saturday night where a barn had caught fire. It quickly became apparent that the barn contained a grow-op. The fire itself wasn't put out until 3 a.m. yesterday, largely due to security measures, such as steel bars, installed in the barn.

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SEAN KILPATRICK/THE CANADIAN PRESS

▶ Treasury Board President Tony Clement reads from an iPad as he responds to a question during a question period in the House of Commons on Oct. 27.

Tories take to Twitter

Staffers will respond to questions submitted in English and French at Treasury Board's town hall ▶ Clement to provide answers

The Conservatives are finally putting the social into their use of social media.

Treasury Board President Tony Clement will host the government's inaugural Twitter town hall this Thursday, taking questions for 90 minutes on the subject of developing an open government strategy for Canada.

While many MPs, as well as government departments and agencies, use social media tools like Facebook, Twitter and YouTube, they've all faced criticism for only using them as ways to push out information rather that interact in real-time with citizens.

That Clement is hosting the first live social media event isn't an accident.

His nickname in government circles is the "Minister for Twitter." He has over 19,000 followers and has used social media to make pronouncements of government policy as well as to speak directly to Opposition MPs, the media and Canadians, sometimes much to the chagrin of the prime minister's office.

THE CANADIAN PRESS

NDP MP riled

- **While the Opposition** commended the idea of the consultations, NDP MP Charlie Angus scoffed at the idea that it represents a commitment to open government.
- **Angus was particularly riled** that it is Clement heading up the initiative, given the NDP's assertion that Clement has misled Canadians on the handling of funds allocated for the G8/G20 summits.
- **"Because he goes on Twitter** and uses words like crowdsourcing, people are going to be fooled," Angus said.
- **"Open and accountable** government is knowing how decisions are made."

Social media

RISKY MOVE FOR CLEMENT?

Digital public affairs strategist Mark Blevis said Tony Clement is taking a risk with holding the formal Twitter event.

There will be inevitable criticism of which questions are and aren't answered and there's the possibility that many won't be on topic.

But Blevis cautioned against undue criticism, noting the government has to be given the chance to make mistakes in figuring out how to use social media. THE CANADIAN PRESS

Canadian arrested in Gadhafi plot 'upset'

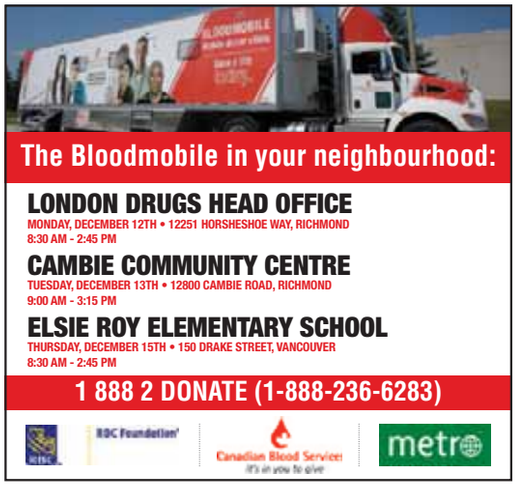
A Canadian woman detained by Mexican authorities in connection with an alleged plot involving a son of former Libyan leader Moammar Gadhafi is devastated by her ordeal, says one of her lawyers.

Paul Copeland hasn't actually been able to speak with Cynthia Vanier, but has been in touch with family members and her Mexican lawyer, who have had contact.

"She's very upset and she's actually having some health difficulties in the jail," said Copeland.

Mexican authorities have also seized a condo near Puerto Vallarta that Vanier and her husband owned, something that has added to her anxiety, said Copeland, a well-known Canadian human-rights lawyer.

THE CANADIAN PRESS



Ottawa to enforce helmets for kids on ice

A new rule will force kids and novice skaters to strap on helmets before venturing out on the ice at Ottawa's indoor rinks.

Mayor Jim Watson was expected to announce the new policy yesterday.

Currently, only people in wheelchairs or strollers are required to wear helmets.

But a city report showed boys between 10 and 14 years old account for the most skating-related hospital visits.

Coun. Maria McRae says the rule could be amended at a later date to include a broader age group.

THE CANADIAN PRESS

10

The new rule takes effect Jan. 1 and applies to children under 10 years old as well as weak or beginner skaters.

Portugal. Parade

▶ Performers dressed as Santa Claus participate in the annual Santa Claus parade, in Porto, Portugal, yesterday.

PAULO DUARTE/THE ASSOCIATED PRESS

Santa record-breaking attempt

Thousands staged a parade in an attempt to break the Guinness World Record for most people dressed as Santa Claus.

Medvedev vows probe into election-fraud allegations

Russian president's announcement on Facebook met with criticism

Russian President Dmitry Medvedev announced on his Facebook page yesterday that he has ordered a probe into the allegations of electoral fraud during the country's Dec. 4 parliamentary vote.

Many Facebook users asked Medvedev whether he really disagrees with the protest's main slogan, "We're for fair elections." Some wrote that Medvedev's message made them even more determined to take part in the next planned rally against electoral fraud — on Dec. 24.

Tens of thousands of Russians rallied in Moscow and other cities on Saturday in the largest anti-government protest in the nation's post-Soviet history to protest alleged fraud in the parliamentary election and to demand the departure of Prime Minister Vladimir Putin.

Medvedev yesterday broke two days of silence by posting a comment on his Facebook page. "I disagree with the slogans as well as with the speeches that were made at the rallies," he said, but added that he gave instruction for a check of the reports of fraud. He did not mention who would carry out the probe.

THE ASSOCIATED PRESS

DMITRY LOVETSKY/THE ASSOCIATED PRESS

▶ Russian nationalists shout while holding old Russian imperial flags during their rally yesterday in St. Petersburg. Russian nationalists are demanding a bigger say for ethnic Russians in the country's politics.

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News in brief

Protests call for Saleh's trial

SANAA, YEMEN. Hundreds of thousands of Yemenis are demonstrating to demand President Ali Abdullah Saleh face trial for his regime's deadly crackdown on months of protests.

Yesterday's rallies took place in the capital, Sanaa, and other cities across the country.

After months of pressure, Saleh signed a deal last month to step down as president in exchange for immunity from prosecution. New presidential elections are set for Feb. 21.

The deal has failed to end the protests, which began last February with calls for his ouster.

Protesters also rejected a unity government formed over the weekend that includes some ministers from Saleh's administration.

THE ASSOCIATED PRESS

Iraq, Iran swap soldiers' bodies

BAGHDAD, IRAQ. An Iraqi official says Iraq and Iran have exchanged the bodies of 93 soldiers killed during their 1980-1988 war.

Mahdi al-Tamimi, an official in Iraq's Human Rights ministry, says the remains of 90 Iraqis and 3 Iranians were returned to their native countries yesterday during a ceremony.

Al-Tamimi says the swap near the southern Iraqi city of Basra brings the number of Iraqi bodies received since 1996 to 2,319 and Iranians to 1,476.

More than 1 million people from both sides were killed or went missing during the eight-year war. THE ASSOCIATED PRESS

Iran refuses to return drone

U.S. intelligence officials contend the RQ-170 simply malfunctioned

Iran will not return a U.S. surveillance drone captured by its armed forces, a senior commander of the country's elite Revolutionary Guard said yesterday.

Gen. Hossein Salami, deputy head of the Guard, said in remarks broadcast on state television that the violation of Iran's airspace by the U.S. drone was a "hostile act" and warned of a "bigger" response.

He did not elaborate on what Tehran might do.

Iranian television broadcast video Thursday of Iranian military officials inspecting what it identified as the RQ-170 Sentinel drone.

Iranian state media have said the unmanned spy aircraft was detected over the eastern town of Kashmar, some 225 kilometres from the border with Afghanistan.

"No one returns the symbol of aggression to the party that sought secret and vital intelligence related to the national security of a country."
IRAN'S GEN. HOSSEIN SALAMI

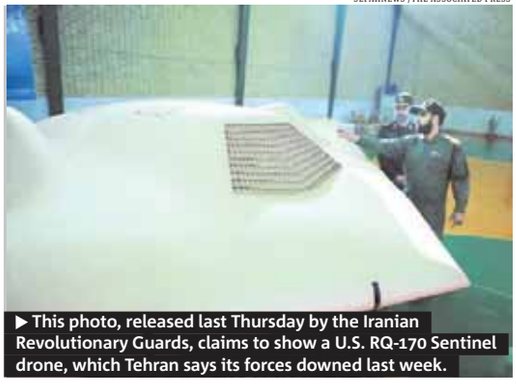
U.S. officials have acknowledged losing the drone.

Salami called its capture a victory for Iran and a defeat for the U.S. in a complicated intelligence and technological battle.

"Iran is among the few countries that possesses the most modern technology in the field of pilotless drones.

"The technology gap between Iran and the U.S. is not much," he said.

SEPAHNEWS /THE ASSOCIATED PRESS



▶ This photo, released last Thursday by the Iranian Revolutionary Guards, claims to show a U.S. RQ-170 Sentinel drone, which Tehran says its forces downed last week.

Officers in the Guard, Iran's most powerful military force, had previously claimed that the country's armed forces brought down the surveillance aircraft with an electronic ambush, causing minimum damage to the drone.

But Salami refused to provide more details of Iran's claim to have captured the CIA-operated aircraft.

"A party that wins in an intelligence battle doesn't reveal its methods. We can't elaborate on the methods we employed to intercept, control, discover and bring down the pilotless plane," he said.

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GOP PRIMARIES

Romney's treatment of dog goes unpunished

It's not come up in any of the Republican presidential debates as he struggles to keep his campaign on course. He isn't faced with questions about the incident on the campaign trail. Animal-rights activists haven't been heckling him in Iowa.

But it's a true story with a Canadian angle: Mitt Romney once made the 12-hour drive from Boston to Grand Bend, Ont., with the family dog strapped to the roof of his car.

New York Times columnist Gail Collins has refused to let the largely forgotten story die, mentioning the incident as many as two dozen times since Romney entered the Republican race for president, both in 2007 and in 2011. THE CANADIAN PRESS

Arab League flays Gingrich comments

A senior Arab League official yesterday condemned a statement by Republican presidential hopeful Newt Gingrich claiming Palestinians are an "invented" people, calling it racist and a cheap stunt to get votes.

However Israeli cabinet minister Uzi Landau said Gingrich was "right." He claimed the Palestinians do not have their own language or culture, and are instead part of the broader Arab world.

Gingrich also called Palestinians "terrorists." The comments struck at the heart of Palestinian sensitivities. THE ASSOCIATED PRESS

Boy escapes captors

THE ASSOCIATED PRESS

▶ In this photo taken on Saturday, Kevin Lunsmann, a kidnapped American teenage boy, talks to Filipino soldiers in Zamboanga city, southern Philippines, following his escape from suspected al-Qaida-linked militants.

Teenager to be reunited with family after five-month abduction

A kidnapped American teenage boy escaped from suspected al-Qaida-linked militants and wandered without shoes for two days in a southern Philippine jungle before villagers found him, ending his five-month captivity, officials said yesterday.

Kevin Lunsmann, 14, told his four armed captors that he would take a bath in a stream and then made a dash for freedom Friday in Basilan province, police Senior Supt. Edwin de Ocampo said. He followed a river down a mountain until villagers found him late the next day, de Ocampo said.

Exhausted, hungry and still stunned, the boy initially fled from the villagers, de Ocampo said.

Timeline

- **The boy, his mother** and a cousin were snatched July 12 on an island near Zamboanga City when they were vacationing.
- **The mother was freed** two months ago.
- **The cousin escaped** from the captors last month when Filipino army forces managed to get near an Abu Sayyaf camp.

"He was in fear so there was a bit of a chase before the villagers convinced him that they were friends," de Ocampo told The Associated Press. He said the boy was fine, but was exhausted and had bruises on his arms and feet. THE ASSOCIATED PRESS

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News in brief

Gas field found in Caspian Sea

TEHRAN. Iran's oil minister says the country has discovered a huge gas field containing an estimated 50 trillion cubic feet of gas in the Caspian Sea.

Rostam Qassemi says the field is located at a depth of 2,300 feet within Iran's maritime borders.

Iran sits on the world's second-largest proven reserves of natural gas and is the second largest OPEC oil producer.
THE ASSOCIATED PRESS

Deezer coming to Canada

TORONTO. Canada will be one of Deezer's highest-priority markets when the music streaming service launches here by the end of January 2012, says the Paris-based company's CEO, Simon Balderyrou.

Deezer, which charges a monthly fee for unlimited access to a collection of 13 million songs online, says it's looking to countries where there's an opportunity for growth, such as Canada.
THE CANADIAN PRESS

China imports on the rise

BEIJING. Chinese President Hu Jintao said yesterday that China doesn't intentionally pursue a large trade surplus and that it will focus on expanding imports in the coming years.

In a televised speech, Hu said China's goal is to have balanced trade and that total imports will exceed $8 trillion US over the next five years, bringing opportunity to businesses around the world. **THE ASSOCIATED PRESS**

Suncor pulls out of Syria

Canadian oil giant Suncor Energy Inc. says it is pulling out of Syria in order to comply with new international sanctions aimed at further isolating the regime of President Bashar Assad.

"The current situation in Syria is very concerning, and our thoughts are with the Syrian people as we hope for a return to peace as soon as possible," Suncor CEO Rick George said in a statement.

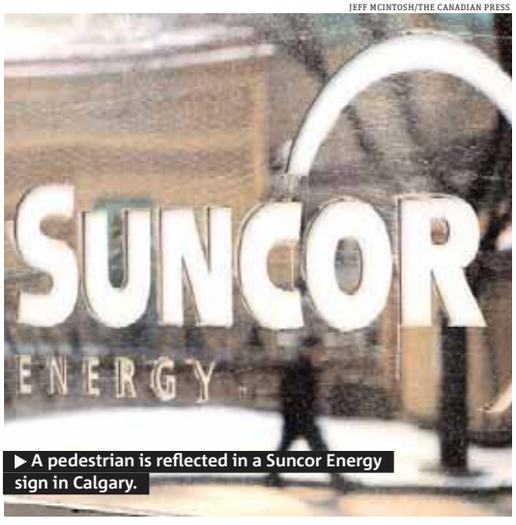
Pressure has been mounting on Suncor to pull out of the country since the sanctions took effect this month.

The Calgary-based company had previously said it would continue its operations in Syria despite earlier international sanctions targeting the country's oil and gas exports, saying the natural gas it produced jointly with the state-owned General Petroleum Corp. was for domestic consumption only.

But after a careful review of the latest economic sanctions announced by the European Union on Dec. 2, the company concluded they applied to Suncor, company spokeswoman Kelli Stevens said.

Doing business in Syria and employing local people can be a positive contribution, Stevens said, but only if it can be done responsibly.

JEFF MCINTOSH/THE CANADIAN PRESS



▶ A pedestrian is reflected in a Suncor Energy sign in Calgary.

"It's a tough one and our hearts go out to the Syrian people," she said.

Suncor says it is working through a plan to safely withdraw its foreign staff and determine how it can best support Syrian employees.
THE CANADIAN PRESS

Market moment

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The Metro Global Photo Challenge is over The general public and our local judges have chosen the top Canadian finalists, who will now go on to compete against other international entries for a chance to win the global grand prize — a trip to any city where Metro is published

Snapping, sharing for top prize

MAURICIO CORREA

Environment

Ghost House by Mauricio Correa

What was your inspiration?
This is an old and abandoned house near Quebec's Lac-Mégantic. This decaying house stands alone in the middle of a verdant landscape.

What were you trying to say with this picture?
I meant to capture the co-existence of decay and fertility. In nature, there is a cycle from birth to death. Here the landscape represents the eternal, the house, all that is transient. This old house epitomizes emptiness, solitude, decay. It is a ghostly testimony of better times, something that cries out for care and attention. The green landscape and the tree in full foliage symbolize the hope of life everlasting.

What do you hope people take away from your picture?
Nothing lasts like an image of transient nature frozen in time by the photographer's lens. There's still time to rebuild this planet.

LAURA MAKALTSES

Environment

Froggy Froggy by Laura Makaltses

What was your inspiration?
I caught this photograph when I was hiking with my friend. We were walking by a pond when we heard the sound of the frogs croaking. The sound was so tranquil. I wanted to see where it was coming from. My friend and I found the frog and I took this shot. I was truly inspired by the sounds of nature.

What were you trying to say with your picture?
I am capturing the personality of the frog and its environment.

What do you hope people take away from your picture?
I hope people will understand the beauty of frogs and all animals. Many species all over the world become endangered every day. I hope that. after seeing my photograph, people will realize that we need to help keep our world's biodiversity alive.

ADHI KUSUMAWARDANA

Imagination

Sharp Mind by Adhi Kusumawardana

What was your inspiration?
I was inspired by a good friend who is a successful photographer and also an art director. He is a smart, talented and witty artist — his ideas are brilliant — but, as a person, very humble and down-to-earth.

What were you trying to say with your picture?
I was trying to show how success and prosperity will come to people who are sharp, virtuous and bold.

What do you hope people take away from your picture?
I hope that people enjoy the image as much as I enjoyed taking it.

LING-FAI LEUNG

Imagination

Christmas Spirit at Niagara Falls by Ling-fai Leung

What was your inspiration?
Photography is an amazing form of art to let people visualize the internal feeling of a subject from its surroundings. There is beauty around all of us. One needs to be able to visualize this and record it to photos.

What were you trying to say with your picture?
I am always drawn to Niagara Fall's Evening Illumination, when different colours of light shine on the falls. This picture was taken at the balcony of Fallsview Casino Dec. 18, 2008. It was a quiet evening, snow could still be seen on the streets and rooftop and smoke coming from the chimney stack of the highrise building. I used slowest exposure to capture the water movement. It showed a very warm, romantic feeling of Christmas spirit.

What do you hope people take away from your picture?
I hope from this picture we can sense the peace and harmony of Christmas and feel how lucky we are to share this feeling with friends and family.

EMMA HAIDAR

Relationships

Silhouette Heart by Emma Haidar

What was your inspiration?
Taken on my birthday, my inspiration was to get a unique photo that shows love and the waterfront — two beautiful things in one, captured artistically.

What were you trying to say with your picture?
A silhouette is a perfect way to express something latently. The contrast makes the message stronger, in my opinion, and it showcases my husband and me, tells our love story.

What do you hope people take away from your picture?
"I hope they appreciate the artistic elements, and are inspired to take photos that tell their story without being the only subject of the image.

FELIX RENAUD

Moments of my life

Business Shower by Felix Renaud

What was your inspiration?
A friend came up with the idea of taking a picture of him wearing his old jacket. We asked ourselves: How can a businessman be out of context? In a shower, of course!

What were you trying to say with your picture?
It's a funny way to describe a guy's normal morning in 2011. Everything is so fast and mechanical.

What do you hope people take away from your picture?
Whatever you do, there are only 24 hours in a day.

LAURA MAKALTSES

Moments of my life

Splash by Laura Makaltses

What was your inspiration?
It was the very last day of summer. The sun was setting and my friends and I were still enjoying our last moments by the lake. I wanted to capture the moment.

2. What were you trying to say with your picture?
Summer doesn't last forever and we have to live every moment ... to its full potential.

What do you hope people take away from your picture?
"I hope ... people will remember some of their own holiday and summer moments. I want my photo to bring a smile to their faces."

SARAH FORBES

Relationships

Best Friend Four Leaf Hunters by Sarah Forbes

What was your inspiration?
I was inspired by the relationship that my daughter and pet were developing.

What were you trying to say with your picture?
I was trying to capture the unspoken understanding between my daughter and pet. This photo captures the early stages of their relationship and the joy they both shared being outdoors.

What do you hope people will take away from your picture?
I am hoping people see the innocence of a young child and the love and protection our pet brings to our family.

METRO

HATE CRIMES HITTING CLOSE TO HOME

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

Blood and Honour was the motto of the Hitler Youth.

It's also the name of a Neo-Nazi movement with devotees around the world, including right here in Lotusland. Like the two guys who were recently charged with various hate crimes, including setting a Filipino person on fire while he was sleeping on a discarded couch. The man was badly burned, but he survived.

I'm still trying to figure out what exactly is honourable about setting a defenceless person on fire. Of course, he's less likely to fight back. Maybe they should rename the movement Blood and Chicken S--t.

In some ways, it's difficult to take these guys seriously. They have ridiculous names such as Werwolfwear, Skrewdriver, Schwarzer-Orden (Black Order) and, my favourite, 14 Words: We Must Secure the Existence of Our People and A Future for White Children.

> **"In this post 9-11 world, the target is more Middle Eastern than African or Asian."**

It's important, apparently, to protect the little white moppets from the Zionist Occupation Government (ZOG), according to Blood and Honour deep thinker Max Hammer, while honouring the memory of Ian Stuart Donaldson, former frontman for the white-power band Skrewdriver, who died in 1993.

The creepiest part of this garbage, along with all the Nazi-inspired neo-swastikas and iconography, is that these guys truly believe other white people share their vision but are just too downtrodden by the forces of ZOG to do anything about it.

What's even creepier is that their vision, stripped of its over-the-top, red-and-black bluster, keeps turning up all over the place. In this post 9-11 world, the target is more Middle Eastern than African or Asian. Certain pundits argue seriously that we are about to be engulfed by a new generation of immigrant Muslims and then enslaved by Sharia law, the most hardline interpretation of the Qur'an. There's a terrorist lurking behind every burqa.

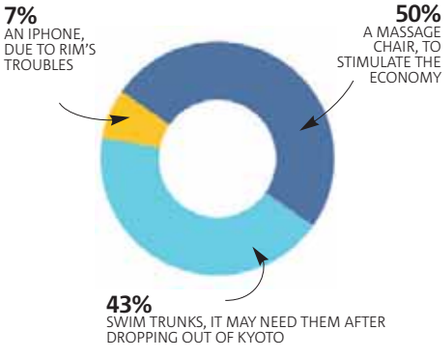
Meanwhile, anyone with ambitions to be the next U.S. president has to declare his or her intent to shore up the wall between the U.S. and Mexico to keep out the "illegals." Canada is rarely included in the conversation, and when it is, Canadian "illegals" are called "snowbirds." They're white and therefore not a problem.

Here in B.C., we have a Hate Crime Task Force, which tries to prevent Blood and Honour from terrorizing the innocent. Critics argue that hate-crime legislation is overkill and people who set people on fire are just criminals, period, and that the traditional criminal code is enough.

Maybe so, but hate is an accelerant, the Molotov cocktail of the mind. Sometimes you have to fight fire with fire, to prevent it from spreading.

Register at metropolitanpanel.ca and take the quick poll

What present would you give Canada for the holidays?

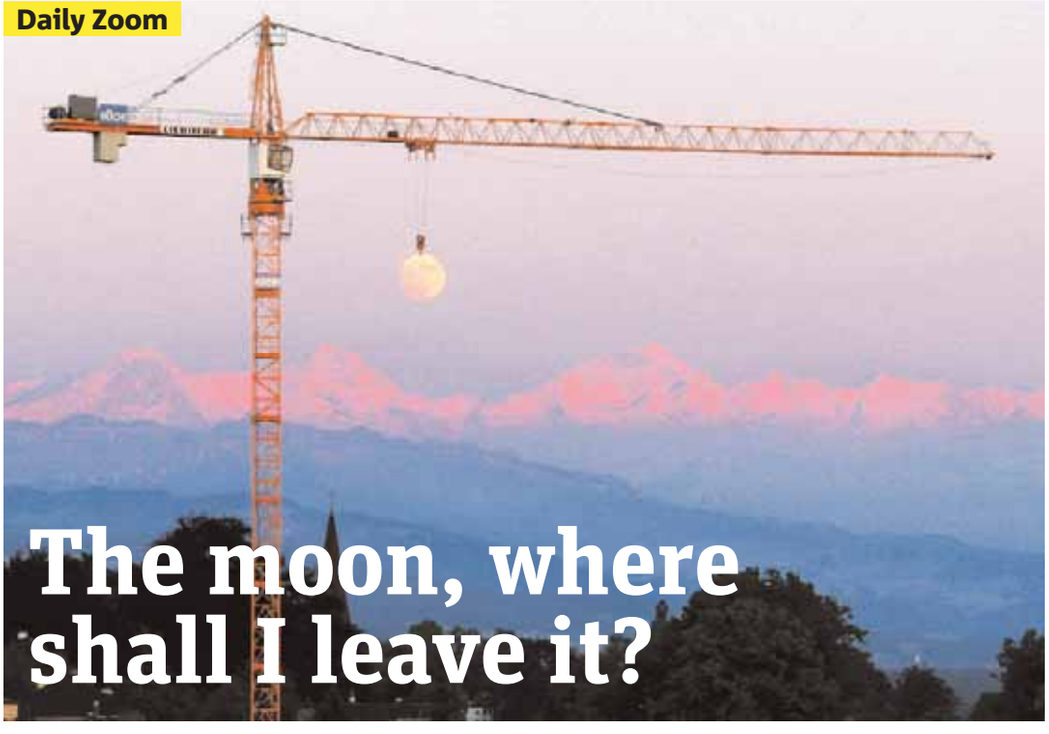


Local tweets

- **@niekolaos:** SWEET! RT @BuckyHermit Possible snow forecasted for Tue, Wed, Fri and Sat. RIP #Vancouver.
- **@cziclix:** Like beer? In Vancouver? Plan to be @alibiroom M-W this week for the 300 party. Stopped by tonight it was like the calm before the storm
- **@LaideeLahvender:** So...Prince is in Vancouver soon, or right now, I'm not sure. Of course I'm broke and can't get a ticket. -__-
- **@DNV_Snow:** Watch for our snow plows and brine truck tonight on the streets of North Vancouver District. Give them plenty of room.
- **@BCSamsquanch:** @prettygzel: RT Three rare sea turtles have washed ashore on the west coast of Vancouver Island: bit.ly/sI84jM
- **@irvlau:** Not a surprise but look at this colored map of single family home values in #Vancouver. ow.ly/7W3zy #eastvan #westside

BRUNO GERBER/SOLENT NEWS

Daily Zoom



The moon, where shall I leave it?

Crane 'carries' moon in illusion

SWITZERLAND. They're good at banking, making cuckoo clocks and chocolates, and it looks like the Swiss are also handy at getting a hook onto the moon. In truth, this is just an optical illusion, an amazing example of forced-perspective photography. Bruno Gerber took this shot from his friend's roof terrace in Bern. **METRO WORLD NEWS**

> **"I waited seven minutes for the moon to rise and get 'hooked' onto the crane."**
> BRUNO GERBER, AMATEUR PHOTOGRAPHER

'Keep eyes open' for visual gag

EXPERT TIPS. The 37-year-old corporate lawyer from near Zurich offers advice on a mind-boggling image: "Keep your eyes open, think ahead (e.g., where the moon or sun will go, how a shadow moves) and don't sit idle. But I'm not a fan of overly set up, silly illusion shots with people." **METRO WORLD NEWS**

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2 scene

Hockey heaven

Never made it out to the Hockey Hall of Fame?
Skate through the history of hockey with this new book

Fuhr-ious: Grant Fuhr wore this late model form-fitting mask while playing with the Edmonton Oliers in the early 1980's before switching to a modern mask and cage setup.

The Golden Goal: Sidney Crosby of Cole Harbour, N.S., scored 7:40 into overtime of the men's gold-medal final at the 2010 Vancouver Olympics with this puck. Canada defeated the U.S. 3-2, claiming Olympic gold for the second time since 2002. The game was the most-viewed hockey game in history, and Crosby's marker gave Team Canada the most gold medals by any nation in one Winter Olympic Games.

The Last Goal He Ever Scored: Toronto's Bill Barilko used this puck to score an overtime Stanley Cup winner against Gerry McNeil and the Montreal Canadiens on April 21, 1951. The goal was Barilko's last, as he and Dr. Henry Hudson, a friend, died tragically in a plane crash on their way to a fishing trip four months after the goal. The bodies of Barilko and Hudson were found 11 years later, in 1962, the same year the Leafs would next win the Cup.

From Russia With Love: Calgary Flames jersey worn by Sergei Priakin, the first Soviet to be given permission to play in the NHL, during the 1988-89 season.

Canada's First Gold: Winnipeg Falcons Team Canada sweater worn by Konrad Johannesson at the 1920 Summer Olympics in Antwerp, Belgium, which was the first Olympics to feature hockey. Canada won gold.

Lord Stanley's Cup: The original Stanley Cup bowl, professionally engraved with the names of championship teams and amateurishly scrawled with the scratchings of championship-team members, including Fred W. Taylor (also known as "Cyclone") whose name can be seen scratched on the Cup under the "Ottawa 1904" entry. Taylor won the Cup with Ottawa in 1909 and with Vancouver in 1915.

Gordie the Great: Gordie Howe wore this jersey toward the end of his career with the Detroit Red Wings, where he played from 1946-47 to 1970-71. Over that time in Detroit Howe amassed 786 goals and 1,023 assists for a remarkable 1,809 points.

Hockey Hall of Fame Treasures

- **Editor:** Steve Cameron
- **Photographer:** Matthew Manor
- **Publisher:** Firefly Books (fireflybooks.com)
- **Price:** $39.95
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Box office

The holiday spirit is eluding Hollywood. Overall domestic revenues are expected to come in below the dismal $81 million haul a week ago, which had been the low weekend so far this year. The star-filled romance New Year's Eve led this weekend with a weak $13.7 million debut. Jonah Hill's comedy The Sitter opened at No. 2 with just $10 million.
THE ASSOCIATED PRESS

Patton Oswalt: Filming love scene with Charlize Theron for Young Adult was a 'nightmare'

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Success 'beyond anyone's wildest dreams'

Arcade Fire coming off monumental year ▶ Triumphs continue to bring attention to Montreal music scene

It was a year in which Arcade Fire burned brightly.

The coveted Grammy Award for Album of the Year, honouring their latest release The Suburbs, kicked off a slew of honours won by the Montreal-based indie band in 2011.

By the end of the year, they had also swept the same categories at the Juno, Polaris and Brit awards, and taken home anglophone album of the year from Quebec's L'Autre Gala de L'ADISQ.

After giving an international shout-out to their Montreal hometown at the Grammys, they also found time to say thanks to their local fans in September with a free outdoor show downtown, which packed in around 100,000 people.

And that gratitude is about to continue into the new year as the band says it's going to invest in helping young artists while also working on their next undisclosed recording project.

"Their success has gone beyond anyone's wildest dreams — even them, I believe," says Dan Seligman, the creative director and co-founder of the Pop Montreal indie music festival, which hosted the outdoor concert.

DARREN CALABRESE/THE CANADIAN PRESS

▶ Arcade Fire pose with their trophies at the 2011 Juno Awards earlier this year.

Seligman, who has booked the band often during the 10 years of his festival and in other gigs, says any attention Arcade Fire gets benefits the local music scene.

"The hope is that it'll continue to help other bands get attention and become successful, touring musicians and have careers."

The award haul sparked a brief amplification of the buzz around the band, which first attracted the indie scene's spotlight to Montreal around 2004-2005 with the release of their first album, Funeral.

The New York Times profiled them while Rolling Stone even dubbed Montreal "the new Seattle" at the time.

Leah Greenblatt, a senior editor at New York-based Entertainment Weekly magazine, said that even though they had been around for a while, Arcade Fire's Grammy win caused jaws to drop. Even the band looked stunned as TV cameras caught their reaction.

"I was shocked," Greenblatt said, explaining that as a longtime writer on the indie music scene she had often seen her favourite artists ghettoized into indie or alternative music categories.

"I just assumed that Arcade would get the alternative album of the year," she said, speculating that besides the quality of the album, the Grammys were trying to appeal to a younger audience this year.

"In some sense it was a really old-fashioned record because it was sort of open about being ambitious and about being thematic. They weren't too cool to try. They were trying to make a big record and they succeeded."

Greenblatt recalled attending the band's party after the Grammy was announced.

"It sort of forced a lot of people to sit up and listen and maybe pay attention a little more to what was happening in the smaller circles of music."

MUSIC CRITIC STEVE GUIMOND ON ARCADE FIRE'S 2011 AWARD HAUL

"They were pretty ecstatic," she said. "I think they were all in shock, honestly. They looked a little stunned but they were thrilled."

Arcade Fire declined requests to discuss their big year. Their publicist said they were taking a break after a gruelling tour.

But the band has said it might use its Polaris winnings to invest in its studio and help emerging artists record at a reasonable price.

It's not a surprising gesture from the band, which itself matured in the tight-knit Montreal indie community and is known for its philanthropy, especially in earthquake-devastated Haiti, where it also performed a concert this year.

THE CANADIAN PRESS

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Return of the mack

J.R. deals again as original cast members filming reboot to popular series

J.R. Ewing has returned to Dallas.

With Larry Hagman reprising his role as the conniving Texas oilman, filming is underway at locations all over the city for TNT's new television series Dallas, which will also see the return of Patrick Duffy as J.R.'s brother Bobby and Linda Gray as J.R.'s ex-wife Sue Ellen, along with a new generation of Ewings.

And, of course, the spotlight also returns to the city itself, with its distinctive skyline rising from the prairie.

"We're trying to give the show a real sense of place and Dallas has a real personality," said location manager John Patterson, adding, "It's a city that does things in a big way. That's part of J.R. and part of what we try to give the show — a sense of the city, which is big, very well done, shiny, new and looking toward the future."

TNT has ordered 10 episodes of the series, set to air in summer 2012. Filming for the series, entirely shot in Dallas, began mid-October and is expected to wrap in late January.

"There was just no way we were going to film anywhere else," said executive producer Cynthia Cidre, who also wrote the pilot for the new series, a "mix of the old world and the new world."

The original series, which aired from 1978 to 1991, enjoyed popularity around the world as viewers tuned in to watch the scheming Ewing family. As the plot twisted and turned season after season, the series contributed to some of TV's most memorable moments. After Bobby died in a season cliffhanger in 1985 after being hit by a car, the entire next season was revealed to have been a prolonged dream sequence when his former wife, with whom he had reconciled, wakes up to find him alive, taking a shower. The 1986-87 season then mark's Duffy's return to the cast after a year-long absence.

And, of course, there was the cliffhanger in 1980 that left the whole world in suspense. The catchphrase "Who shot J.R.?" became part of the common vernacular as viewers waited to find out who had fired on J.R. When viewers tuned in for the answer on Nov. 21, 1980, the shooter was revealed to be J.R.'s vengeful mistress, who was also his sister-in-law. That episode was seen by more people than any TV program in history up until that time.

THE ASSOCIATED PRESS

Put on for the city

- The cast of Dallas are filming at plenty of classic Dallas locations including downtown's Neiman Marcus, the luxury chain's flagship store, and the State Fair of Texas. And, of course, they're shooting at the famed Southfork Ranch, an events centre that houses the Ewing Mansion.

TONY GUTIERREZ/THE ASSOCIATED PRESS

▶ Larry Hagman, pictured last month, played J.R. Ewing in Dallas, which aired from 1978 to 1991.

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Aniston the Sexiest Woman of All Time?

Jennifer Aniston

Men's Health has dubbed Jennifer Aniston the Sexiest Woman of All Time, but while she's flattered by their decision, Aniston insists the title would've gone to someone else if she had any say in it.

"It's a tie between Brigitte Bardot and Gloria Steinem," she tells the magazine. "But if I had to choose one, I'd say Gloria because, well, she's the full package. That's sexy."

Raquel Welch, Marilyn Monroe, Britney Spears and Madonna round out the top five on the magazine's list, while Angelina Jolie comes in at No. 10.

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The perils of party-rocking

- SkyBlu of LMFAO takes some time off to deal with herniated discs
- RedFoo says injury caused by 'the shuffle, the wiggle and the ladies'

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

While Demi Lovato whizzed by the press line at Z100's Jingle Ball Friday night — an annual New York City concert featuring a number of Top 40 acts — we were happy to chat with RedFoo of LMFAO, whose partner SkyBlu was noticeably absent for the big show.

"SkyBlu hurt his back," Foo told Metro before the concert started.

"He has some herniated discs. He's been performing for a while injured, because he's a true champ, but the doctor said [he's] gotta take a break. That shuffle move we do, when he does it, I always tell him you gotta bend [at the knee]. And then with the wiggle, you can't wiggle too hard, even if there's sexy ladies in the audience screaming at you — you gotta keep it confined.

So we don't know exactly what has happened, but we think it's combined [with] the shuffle, the wiggle and the ladies."

But SkyBlu's injury isn't holding the group back for the new year. On their to-do list for 2012?

"Films," Foo says. "Taking the whole LMFAO party rock lifestyle and putting it on the big screen."

"That shuffle move we do, when he does it, I always tell him you gotta bend [at the knee]. And then with the wiggle, you can't wiggle too hard, even if there's sexy ladies in the audience screaming at you — you gotta keep it confined."

REDFOO ON SKYBLU'S BACK INJURY

ALL PHOTOS GETTY IMAGES

RedFoo of LMFAO attends Z100's Jingle Ball on Friday.

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2011 HOLIDAY PROGRAM GUIDE

CBC

December

Monday, 12	2 pm	Steven & Chris - Holiday Week
Tuesday, 13	8 pm	22 Minutes: Holiday Special
	9 pm	Gerry Dee – Life After Teaching
Wednesday, 14	8 pm	Dragons' Den – Holiday Special
	9 pm	Season of Song: Canadian Tenors & Friends
Thursday, 15	8 pm	Rudolph the Red Nosed Reindeer
	9 pm	Stars On Ice 2011
Friday, 16	8 pm	Polar Express
Sunday, 18	5 pm	Disney: I'll be Home For Christmas
	7 pm	Mickey's Christmas Carol
	7:30 pm	Frosty Returns
	8 pm	National Lampoon's Christmas Vacation
Monday, 19	2 pm	Steven & Chris - Holiday Week
	8 pm	The Santa Clause
Tuesday, 20	8 pm	The Santa Clause 2
Wednesday, 21	8 pm	The Santa Clause 3
Thursday, 22	8 pm	A Christmas Story
Friday, 23	8 pm	Nativity
	11:05 pm	George Stroumboulopoulos Tonight Holiday Music Special
Saturday, 24	6 am	Kids' CBC Holiday Morning
	8 am	The Cat in The Hat - Snowman's Land
	8:30 am	Super WHY!: 'Twas the Night before Christmas
	9 am	The Doodlebops - A Happy Doodle Holiday

* Check Local Guides. Programming varies by region.

Saturday, 24 continued	**12 pm**	Leon In Wintertime
	12:30 pm	The Forgotten Toys
	1 pm	Christmas Dreams
	2 pm	Mr Magoo's Christmas Carol
	3 pm	Olive the Other Reindeer
	4 pm	Goose on the Loose
	6:30 pm	Stuart McLean's Vinyl Café
	7 pm	Season of Song: Canadian Tenors and Friends
	8 pm	Miracle on 34th St (1994)
	10 pm	Scrooge
Sunday, 25	**12 am**	Handel's Messiah
	1 am	Joy to the World! A Holiday Concert
	2 am	Solo Noel
	3 am	Season of Song: Canadian Tenors and Friends
	12 pm	The Queen's Christmas Message
	12:07 pm	Disney Parade
	1:55 pm	The Forgotten Toys
	2:20 pm	Mr. Magoo's Christmas Carol
	3:15 pm	Booky & the Secret Santa
	4:45 pm	Lassie
	6:20 pm	Miracle On 34th Street (1947)
	7:55 pm	The Queen's Christmas Message
	8:05 pm	Frosty Returns
	8:30 pm	A Heartland Christmas

Monday, 26	**9 pm**	Anne Murray - Friends and Legends
Tuesday, 27	**8 pm**	Happy Feet
Wednesday, 28	**8 pm**	Dragons' Den - Holiday Special
Thursday, 29	**8 pm**	Force of Nature: The David Suzuki Movie
Friday, 30	**8 pm**	Stars On Ice 2011
	9 pm	The Mansbridge Conversations: 2011
Saturday, 31	**6:30 pm**	Scotiabank Hockey Tonight
	7 pm ET	HNIC - Toronto @ Winnipeg
	7 pm ET	HNIC – Ottawa @ Buffalo
	7 pm ET	HNIC – Montreal @ Florida
	10 pm ET	HNIC – Vancouver @ Los Angeles
Sunday, 1	**7 pm**	22 Minutes: Holiday Special
	8 pm	Air Farce NOT The New Year's Eve Special
	9 pm	Ron James Show Holiday Special
Monday, 2	**7 am**	Kids' CBC New Year Music Special Artzookapalooza
	12:30 pm	Scotiabank Hockey Tonight
	1 pm	HNIC: NHL Winter Classic

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22 MINUTES:
HOLIDAY SPECIAL
JANUARY 1st at 7

AIR FARCE
NOT THE NEW YEAR'S EVE SPECIAL
JANUARY 1st at 8

RON JAMES SHOW
HOLIDAY SPECIAL
JANUARY 1st at 9

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CBC

This Christmas, skip the plastic one-trick, battery-operated gadgets that hold your kids' attention for five minutes These gifts are clever, fun and will spark your child's imagination

5 Great kids' gifts

TEXT **EMMA E. FORREST, METRO WORLD NEWS**

1 FOR BABY NIGHT OWLS: Lullaby rock hits

$16.98
rockabyebabymusic.com

Do saccharine nursery rhymes make you cringe? This inspired series of CDs transforms your favourite tunes into soothing lullabies, with tinkling covers of classic tracks by bands including AC/DC, Led Zeppelin, U2, Madonna, Van Halen and Bob Marley. What could more amusing than a xylophone version of Beastie Boys' No Sleep Til Brooklyn or Metallica's Enter Sandman. Or more ironic than an anxious new parent hearing The Police's Every Breath You Take?

2 FOR TINY TEETHERS: 'Where's the Bone?' cloth book

$15.50
manhattantoy.com

This book about a funny dog searching for its bone in lots of exciting places ticks all the boxes for tiny tots: lots of textures to feel, flaps to flip, bits to pull. They will love to pop the bone in the clouds, up a mountain or in the dog's mouth, and they'll love chewing on the book even more.

3 FOR CRAFTY KIDS: 'Merry Stickmas' sticker greetings cards

$8
etsy.com/shop/KidsCardKits

Sticker-mad kids will love creating their own greetings cards with these packs. These ingenious kits include blank cards and sets of stickers so your kid can create his or her own scenes including Santa Claus, snowmen, reindeer and cute kids throwing snowballs.

4 FOR JUNIOR MUGGLES: Remote Control Wand

$70
firebox.com

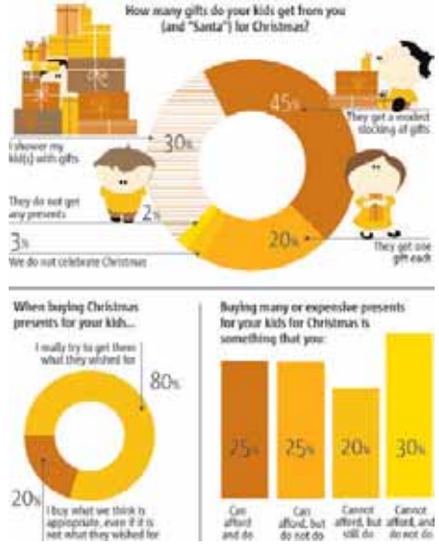
Budding Harry Potters will love casting a spell on the television with this brilliant gizmo. Program the wand to respond to 13 different moves and you can spin, whirl and flick it to change the TV's volume, channels, mute, flip through menus and even turn it on and off. It even goes to sleep and 'wakes' when you pick it up just like a real magic want.

FOR AMATEUR ASTROLOGERS: Remote Control Moon

$39
firebox.com

Illuminating in more ways than one, this wall light replicates the phases of the moon on an authentic moonscape (very educational), as well as serving as a reassuring nightlight. Using a remote control it can also be used as a light. It comes with an educational booklet about the moon's cycles.

What will Metro kids get?



3 life

Dough truths

Generations of neophyte bakers have shrugged off parental warnings about how eating chunks of raw cookie dough could make them sick to their stomachs.

Now, researchers who investigated a 2009 outbreak of food-borne illness in the United States are providing extra proof for mom and dad.

For years, concerns about raw dough have centred on the idea that raw eggs could contain bacteria such as salmonella. In this case, though, investigators were looking into a different bacteria — Shiga toxin-producing Escherichia coli, or STEC.

The outbreak didn't affect Canada, but 35 Americans were admitted to hospital. Studies showed 33 of 35 patients consumed raw cookie dough.

THE CANADIAN PRESS

It's not all 'ho, ho, ho': Santa promising less in bad economy

Vegetarian cubes of yum

Potato and red pepper are combined in this dish that works well as a tasty appetizer or a meatless meal ◐ Offer it at your next holiday party

THE CANADIAN PRESS H/O

▶ Cut cubes into bite-sized pieces or larger ones, depending on how you're serving them.

Studded with colourful Ontario vegetables, this easy version of Spain's famous tortilla is versatile enough to serve as an appetizer or vegetarian meal.

This can be made a day or two in advance and served either cold or heated through.

Preparation:

1. On greased baking sheet, toss Yukon Gold and sweet potato with 10 ml (2 tsp) of oil. Bake in 180 C (350 F) oven 15 mins or until tender. Let cool.
2. In skillet, heat 10 ml (2 tsp) of oil over high heat; sauté red pepper 4 mins. or until tender. Remove from pan. In same skillet, heat 10 ml (2 tsp) of remaining oil over medium-high heat; cook onion until tender and golden, 2 mins. Let cool. Combine all cooked vegetables; season with salt and pepper to taste.
3. In large bowl with electric mixer, beat eggs with cream. Add cooked vegetables and mix thoroughly. Pour into greased 2.5 L (9-inch) square baking dish. Bake in 180 C (350 F) oven for 25 minutes or until set. Let cool. Cut into cubes.

Ingredients:

- 250 ml (1 cup) each diced peeled Yukon Gold potato and sweet potato
- 25 ml (2 tbsp) olive oil
- 125 ml (1/2 cup) diced sweet red pepper
- 175 ml (3/4 cup) diced onion
- salt and pepper
- 4 eggs
- 50 ml (1/4 cup) 18 per cent cream

THE CANADIAN PRESS/ FOODLAND ONTARIO/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Rose Reisman's Swap It

With the festive season in full swing, it is a time to visit family and friends for dinner parties. Hor d'oeuvres are almost always served but could be full of fat and calories.

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320 CALORIES, 24 GM FAT

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See french toast in whole new light

This unusual but delicious appetizer combines unlikely ingredients like french toast, brie cheese and pears

Here is a different way to serve up a bite-sized appetizer that is full of flavour and texture.

Grab a baguette and top it with a sliced pear, some spices and herbs and a rich double cream brie that matches up perfectly with the slight crispness of the baguette.

Preparation:

1. Slice the baguette on a diagonal into ½ inch (1 cm) thick slices to get 12 slices; set aside.
2. In shallow dish, whisk together the eggs, cream, chives, salt, pepper and curry powder. Dip each slice into the egg mixture, turning to coat it well.
3. Melt the butter in a large non-stick skillet or griddle over medium-high heat and panfry the baguette slices, in batches if necessary, for about 4 minutes turning once or until golden. Repeat this step with the remaining baguette slices.
4. Place the baguette slices onto a foil lined baking sheet and top them with pear slices and Brie. Place the pan about 6 inches (15 cm) under the broiler for about 3 minutes or until the cheese is melted and bubbly. Garnish with chives to serve.

Ingredients:

- Half baguette
- 3 eggs
- 3 tbsp (45 mL) 5% light cream
- 2 tbsp (30 mL) chopped fresh chives
- ¼ tsp (1 mL) each salt and pepper
- Pinch curry powder
- 2 tsp (10 mL) butter
- 1 ripe but firm, Bartlett pear, cored and sliced
- 100 g double cream Brie
- Fresh chives

ONTARIO EGG FARMERS/ THIS RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

ONTARIO EGG FARMERS

▶ This recipe makes 12 pieces.

ADVERTORIAL

67 Ways to Lighten up the Holiday Season

13. GO CAROLING and take requests for hip-hop cover songs.
14. SNOW FORTS are for kids. SNOW BARS are for adults. Use your backyard bar to chill bottles of Molson Canadian 67.
15. Invent YOUR OWN HOLIDAY and stay home from work.
16. Host a SWEATER PARTY. Ugliest wins.
17. Less ski, more APRÈS ski.
18. WALK AROUND THE NEIGHBOURHOOD and see the LIGHTS. over half of Metro readers say it's their favourite holiday outdoor activity.**
19. Skip the chips and dip. Go for a polar dip instead.
20. Why not RE-CONNECT with a random Facebook friend over a cold Molson Canadian 67?
21. Teach your little one how to skate at a frozen pond.

Follow the rest of our list in upcoming issues.

Molson Canadian 67 is a premium light beer specially brewed to 67 calories per 341 ml bottle. That's about half the calories of wines or mixed drinks.* Want to add to our list? Share your tips with us at facebook.com/molsoncanadian67

Must be legal drinking age. *Calculations based on average serving (6 oz glass of wine and single serving of mixed drink). Details at molsoncanadian67.ca
**Source: Metropolitan Panel. 462 English, 154 French respondents. December 2011.

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

REGIFT TO YOUR HEART'S CONTENT SEINFELD

What are your thoughts on regifting? ***Lisa of Edmonton***

Regifting is definitely an eco-friendly form of recycling.

I know guilt holds many people back. My advice is to get over it.

Regifting doesn't have to carry an air of insincerity and thoughtlessness.

There are times when it's appropriate, and maybe even appreciated.

It's couth to regift a book you've read.

Hand-me-downs or a used coffee grinder? Not so much.

That's what Craigslist, Freecycle and clothing-donation bins are for.

You can regift right out in the open — host a regifting-themed holiday exchange at work or with the family.

Regifting is not just a way to get rid of bad gifts; it's also a way to find them new homes with people who will appreciate them.

Even Oprah condoned regifting on her Favourite Things episode back in 2008. And if Oprah says it's OK…

Keep in mind a few general rules: regift unto others as you would have them regift unto you.

And let common sense prevail.

Don't use a gift before regifting it and do not give something back to the original gift-giver.

You can regift right out in the open — host a regifting-themed holiday exchange at work or with the family. Regifting is not just a way to get rid of bad gifts

The latter is a common rookie mistake but one you'll make only once — and if nothing else, it always makes for a great story.

David Suzuki Foundation

ISTOCK PHOTOS

▶ Regifting — no longer just for your cheap friends.

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Art opens doors and minds

For more than a decade, a Nova Scotia gallery has offered a safe haven for troubled youth to create and thrive

It's warm inside the art studio.

Outside, the sky is dark and the frost hanging in the air turns breath into puffs of smoke. The slush and snow that blanket Halifax's sidewalks make an unwelcome bed for those with nowhere else to go.

But in this cosy space at the city's downtown art gallery, there's the promise of a hot meal, conversation and creativity as young people trudge inside for a weekly, drop-in art class for homeless and at-risk youth.

THE CANADIAN PRESS/ANDREW VAUGHAN

▶Artist Loryn Oliver relaxes in a studio at the Art Gallery of Nova Scotia.

"When they come in the door, it's not about what they look like, or what they're coming in with; it's about them being here right now and about us making art together," says Miro Davis, one of two artists who will be working with the youth over the next three hours.

"There's no judgment there."

The free class, which runs from about October to June, is a joint project by the Art Gallery of Nova Scotia and Phoenix Youth Programs — a local, non-profit organization that helps young people between the ages of 12 and 24 break the cycle of homelessness.

For the past 11 years, young people have come to the gallery for the chance to draw, paint, glue and sculpt. The mood is informal. Conversation and laughter flow easily here, but silence is respected, too.

Loryn Oliver, 20, has been attending the class for three years. When she was 16 years old, Oliver left her home and eventually moved into a Phoenix youth shelter.

It wasn't long before she discovered the class at the gallery and a passion for sculpting. She says allowing her subconscious to flow through her creative work is a kind of "self-therapy."

"What I appreciate about art is that it's a very simple thing, it's very human. It's an expression of ourselves and so giving youth that opportunity is important."

The program's other resident artist, Heather Wilkinson, says she's witnessed a tremendous change in Oliver, who now lives in her own apartment with financial assistance from Phoenix and volunteers as an advocate for homeless youth.

"I've seen her grow and blossom and open up and gain a ton of confidence, just (by) coming and sharing," she says.

"In artwork, you can find a safe place where you can express yourself sometimes when words are missing. The visual arts is a way for people to really be who they are."

DALE SHEPPARD, CURATOR OF EDUCATION AND PUBLIC PROGRAMS AT THE ART GALLERY OF NOVA SCOTIA

In art, there is a "value in seeing things a little bit differently and uniquely," says Dale Sheppard, the gallery's curator of education and public programs.

That can mean the world for a young person who has been consistently told they don't fit in.

"In artwork, you can find a safe place where you can express yourself sometimes when words are missing," says Sheppard. "The visual arts is a way for people to really be who they are."

THE CANADIAN PRESS

More than this

Organizers agree that their program isn't just about art.

- One baby-faced boy doesn't hesitate when asked what brings him here on this night: the promise of pizza and free bus tickets.
- Maybe so, but the teen doesn't glance up once from his box and the pieces of glass he's gluing down in the shape of a peace symbol.
- At the end of the day, resident artist Heather Wilkinson says it doesn't really matter what brings youth to the gallery.
- "Sometimes they just need to be in a place, in the company of other people," she says.
- "This is an institution that, in their eyes, is probably not normally that inviting. But on this night, it's their night. This is their space."

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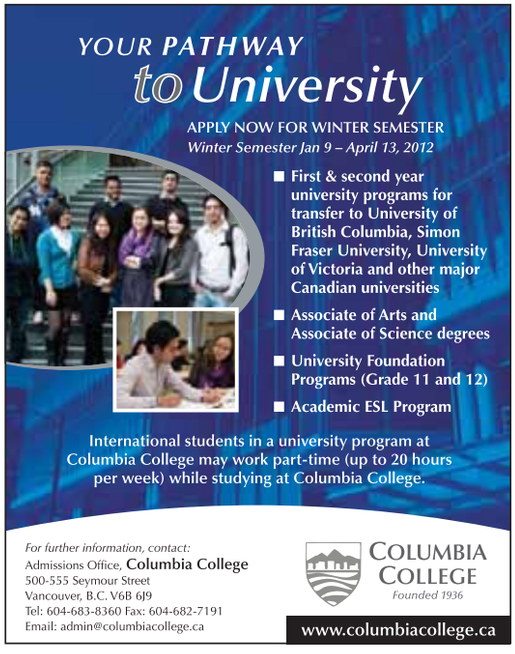

Couch to class act

An entrepreneur, author and athlete carries a message of motivation

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Susan Sly is a 'Have it All Woman' and she's even written a best-selling book about the subject. No one would guess that 11 years ago her life completely collapsed when she was diagnosed with Multiple Sclerosis.

She lost everything; her health, marriage and business. She was $100,000 in debt with a three-year-old child and sleeping on a family member's couch.

"I wanted to die but it was at that point where I had to make a decision. Do I want to fight or surrender?"

Susan began to heal her body and got into multi-level marketing. Today, the mother of four children is a millionaire, has written five books, is married to her high school sweetheart and is still competing in triathlons and marathons.

▶ Susan Sly is the author of The Have it All Woman along with four other books.

"I was supposed to be in a wheelchair but I'm still running. I get very emotional because I'm just so grateful and appreciative."

Susan's next goal is to empower one million women around the world. "I know what it's like to live in desperation and not know what tomorrow's going to bring. I really believe that we can transcend anything if we're open. I really do."

Susan's stats

- First business at age 11
- Has generated over $60 million in multi-level marketing sales
- Six-time Team Canada athlete in Track and Field and Duathlon
- Competed in two world championships
- Sponsor of 20 children with World Vision

Have it all too!

Susan Sly's advice:

- Take time every day for gratitude.
- Keep an open mind because some of the best ideas may come through the most unlikely sources.
- If you want to make a million a year, adopt million-dollar habits. Be daring and willing to make changes happen and develop good professional instincts.
- Take time every day to read or listen to something empowering.
- Be kind to yourself. It may not happen at the speed you want it to so be kind and compassionate.
- **Visit** stepintoyourpower.com.

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In the black or bust: Students

These post-secondary pupils are starving, sleepless and stressed out **But one thing they're not is in debt**

Bio of a non-borrower: Isaac Romero, 22, a third-year student at Long Beach City College, works a nearly 40-hour-per-week job with a workforce staffing company that has him on assignment at City Hall. He goes straight from there to class from roughly 4 until 9:40. Two bus rides later he gets home, often around midnight. Weekends are for homework. He ignores the loan solicitations that flood his mailbox.

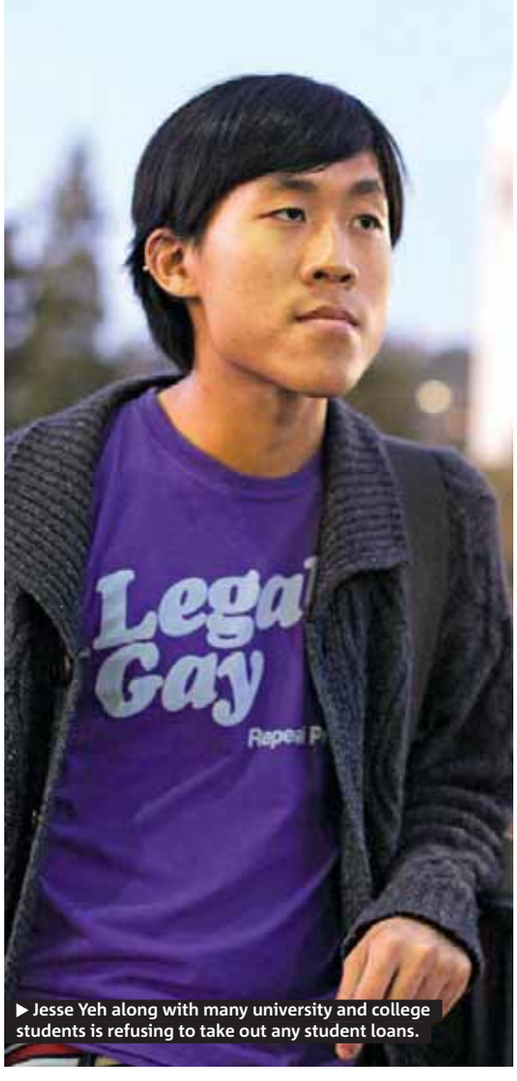
Jesse Yeh uses the University of California-Berkeley library instead of buying textbooks. He scrounges for free food at campus events and occasionally skips meals. He's stopped exercising and sleeps five to six hours per night so he can take 21 credits — a course load so heavy he had to get special permission from a dean.

The only thing he won't do: take out a student loan.

"I see a lot of my friends who took out student loans, then they graduated and because of the economy right now they still couldn't find a job," said the third-year student, whose parents both lost their jobs in 2009 and who grew up in the boom-and-bust town of Victorville, Calif., on a block with several houses in foreclosure. "The debt burden is really heavy on them."

Even as college prices and average student loan debt rise, educators in some sectors of higher education report they're also seeing plenty of students like Yeh. After watching debt cause widespread damage in their families and communities, they're determined to avoid loans no matter what.

ERIC RISBERG/THE ASSOCIATED PRESS



▶ Jesse Yeh along with many university and college students is refusing to take out any student loans.

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Tuesday, December 13, 2011, 5:30 - 6:30 pm
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3700 Willingdon Avenue, Burnaby

Every Thursday, 12:00 - 1:00 pm
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900 West Hastings Street, Vancouver

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"I see a lot of my friends who took out student loans, then they graduated and because of the economy right now they still couldn't find a job."
JESSE YEH, UNIVERSITY STUDENT

What's surprising is this: Educators aren't sure that's always such a good thing.

Students who take extreme steps to avoid debt at all costs, they say, may get stuck with something much more financially damaging than moderate student loan debt. They may not wind up with a college degree.

To pay for college and minimize borrowing, students are working longer hours at jobs and taking fewer credits. They're less likely to enrol full-time. They're living at home. They're "trading down" to less selective institutions with lower prices, and heading first to cheaper community colleges with plans to transfer later to four-year schools.

Those may sound like money-savers, but in fact each is a well-documented risk factor that makes students less likely to graduate.

"There's been such attention on student debt being unmanageable that current students have internalized that," said Deborah Santiago, co-founder and vice-president for policy research at the group Excelencia in Education, a non-profit advocacy group. In fact, "If you can take out a little bit of loan you're more likely to complete. If you can go to a more selective institution that gives you more resources and support, you're more likely to complete."

Student debt aversion is most pronounced among Hispanics and Asians, who borrow at lower rates than whites despite having higher financial need. And it appears to have the greatest consequences for Hispanics and blacks.

Fifty-one per cent of blacks who had financial need but decided not to borrow had left school within three years without a degree, compared to 39 per cent of those who borrowed, the study by Excelencia and IHEP found. For Hispanics, 41 per cent of non-borrowers had left, compared to 32 per cent who borrowed.

THE ASSOCIATED PRESS

Loan some

What's the upside of borrowing?

- Federal data analyzed by Santiago's group and The Institute for Higher Education Policy (IHEP) in 2008 shows roughly 86 per cent of students who borrow for college are able to attend full-time, compared to 70 per cent of students who don't borrow.
- That matters because roughly 60 per cent of full-time students receive a bachelor's degree within eight years, compared to 25 per cent of part-time students.
- Other research, meanwhile, shows just 26 per cent of students who enrol in a community college hoping eventually to earn a four-year bachelor's degree succeed within nine years. That compares to 50 per cent starting at non-selective four-year colleges and 73 per cent at selective schools.

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Transportation Trades	
Tuesday, Dec. 13 & 20, 11 a.m. – lobby, building B	Broadway
Tuesday, Jan. 3, 11 a.m. – lobby, building B	Broadway
Career Planning and Job Search Courses	
Tuesday, Dec. 13, noon – room 236	Downtown
Thursday, Dec. 15, 4 p.m. – room 236	Downtown
Tuesday, Jan. 3, noon – room 236	Downtown
Hair Design	
Wednesday, Dec. 14, 4:30 p.m. – room 201	Downtown
Esthetics	
Wednesday, Dec. 14, 4:30 p.m. – room 201	Downtown
English as a Second Language	
Wednesday, Dec. 14, 6 p.m. – room 1227	Broadway
Dental Technician	
Thursday, Dec. 15, 3 p.m. – room 332	Downtown
Wednesday, Jan. 4, 9:30 a.m. – room 332	Downtown
Employment Skills Access	
Thursday, Dec. 15, 7 p.m. – room 420	Downtown
Global Business Post-Graduate Diploma	
Monday, Jan. 9, 6 p.m. – room 414	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

View all VCC Info sessions and tours

vcc.ca

Vancouver Community College

Let it go to your head

Research indicates that feelings of social power can bring about a positive change in one's thought process

ISTOCK

▶ Focus on the fight.

A new study suggests that feeling powerful really does go to people's heads — and that's a good thing.

The study was co-authored by Li-Jun Ji, a professor at Queen's University and a social psychologist who specializes in relationships between culture and thinking.

Power — defined as the ability to influence others — makes people think differently, says Ji.

In North America, a feeling of power leads to thinking in a focused and analytical way, and Ji says that that's a good way to think when pursuing personal goals in this society.

Thinking analytically allows you to focus on a goal and how to achieve it without being distracted by the surroundings or context, she says.

"What's most interesting about this study is the idea that thinking is flexible, not rigid or innately preprogrammed," says Ji. "We are able to attune our style of thinking to the needs of the situation.

"However, the specific ways we might attune our thinking seems to depend on our cultural background."

The lead author on the study, Yuri Miyamoto at the University of Wisconsin-Madison, has also looked at Japanese participants and found that in general, East Asians are more holistic in their reasoning than European-North Americans.

Holistic thinking, in contrast to analytical thinking, is more relationship and context-focused, Ji explains.

THE CANADIAN PRESS

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ALL I WANT FOR CHRISTMAS...

GIFT CARDS GROWING IN POPULARITY

Gift cards — a phenomenon that seemed new in 2000 — have practically taken over holiday gift giving.

The vast majority of retail companies now offer them, said Brent Houlden, national retail leader for Deloitte Canada. "From the customer's point of view it's all personalization, and simplicity, and convenience," he explained.

Simply put, gift cards are the answer to an age-old problem — the unwanted gift, said Houlden.

The beauty of a gift card is that it lets the gift recipient choose exactly what they want, said Tiffany Bourré, external communications manager for Hudson's Bay Company.

"It virtually eliminates the guess work from gift purchasing," said Bourré. It also eliminates the possibility of returns (and in some cases offending the gift giver by doing so)."

That said, the gift card still needs to suit the recipient, she advised. "There is no question that gift cards have become a more accepted alternative for gift giving in general, but fair to say that often they slant to a younger demographic."

Whatever your age, on many occasions gift cards make sure that gift givers and recipients avoid embarrassment or hard feelings, said Houlden. "If you bought me the red hat and I didn't want the red hat, then you're upset because I didn't like your taste," he explained. "That's why gift cards have taken off so much."

The only problem is that they can seem a little impersonal, said Houlden.

"If I'm giving you a wedding gift and I just give you cash, there's no emotional connection there," Houlden said. People want to be remembered for the gifts they give, he explained.

Now companies are looking for ways that gift givers can easily personalize their gift cards — digitally. In the next few years we'll see techologies tailored to allowing gift givers to send a personalized photo or video along with their gift cards, said Houlden.

Buyers can also get gift cards online without having to set foot in a store. Many brands have them available to purchase online, so they're easy to send to faraway friends and family.

The future is mobile and the days of the plastic gift card are numbered, said Houlden. "One person will send a gift card to another electronically and it'll just load into the gift recipient's cell phone," he predicted.

"I think it's the next generation that people should be watching for."

GIFT CARD TIPS

GET A CARD FOR LESS
Make sure you negotiate a discount if you buy in bulk.

BUY DISCOUNTED ITEMS
Boxing Day!

TAKE ADVANTAGE OF RELOADING DISCOUNTS
Starbucks, for example, gives customers the option of automatically reloading, and rewards them for it with free drinks.

PERSONALIZE
Include a homemade card or recorded message (e.g. Christmas carol) to send your best wishes.

SAVE UP TO 25% buy discounted GIFT CARDS

CASH UP TO 95% sell unwanted GIFT CARDS

CardSwap

CardSwap.ca - Canada's #1 place to buy and sell gift cards.

Here is $5 Towards a gift card from any store*
Post picture of this coupon on www.facebook.com/CardSwap to redeem and for details.
* valid toward any gift card available on CardSwap, which offers discounted gift cards from over 300 of Canada's largest retailers.

OUR FINEST NOTRE EXCELLENCE

WHAT IS IT?
A new line of delectable foods from Walmart. They're easy to prepare and affordable — appetizers starting at $5 a box.

WHAT MAKES OUR FINEST DELICIOUS?
Recipes are made with high quality ingredients and were carefully chosen by a team of food experts.

THE FOOD
Find almost 100 dishes from wonton-wrapped shrimp to grain-fed young turkeys, basted with real butter to cocoa-dusted Belgian truffles.

HOLIDAY ENTERTAINING MADE EASY WITH OUR FINEST

HIGH QUALITY FOODS EXCLUSIVE TO WALMART

Canadians don't want to sacrifice quality when they celebrate with family and friends this holiday season, said Sandra Farwell, director of private brands — foods for Walmart Canada.

That's why the company is introducing Our Finest, a new line of delectable high-quality foods exclusive to Walmart, said Farwell.

"Many Canadians are staying in this holiday, and that equals a lot of home cooking and entertaining," said Farwell.

Our Finest costs less than the national leading brands — appetizers start as low as $5 a box. "Entertaining should be easy and affordable," insisted Farwell.

FROM THE OUR FINEST MENU:

APPETIZERS
Farwell suggests starting the party with melt-in-your-mouth pastry appetizers, like the Our Finest salmon and dill in puff pastry or cheese and applewood smoked bacon mini tarts.

Authentic international favourites like mini vegetable samosas with tamarind sauce ($5), Greek spanakopita ($5), or an assortment of Angus beef, Italian, and Swedish meatballs ($8) are also a popular pre-dinner indulgence.

DRINKS
Find the perfect drink for the occasion from the wide selection of non-alcoholic sparkling beverages including mojito, sangria, and margarita ($2.77 for a pack of four).

MAIN COURSE
A tantalizing centrepiece to any holiday table, the Our Finest spiral ham is cured and naturally smoked with hickory chips. It comes pre-cooked and pre-sliced, with an easy-to-prepare glaze, so it's great for those who want to spend less time cooking and more time relaxing with friends and family.

DESSERT
The Our Finest chocolate and toffee collection ($8.97), the all-natural English wine gums ($4.98) and liquorice allsorts ($4.98) make a beautiful statement on a tiered serving dish, and provide enough variety to tickle the taste buds of all your guests.

Try finishing off the feast with the Our Finest candy cane ice cream ($4.97), made with real dairy cream, mint chocolate bark, and candy cane pieces.

"We're confident Canadians will be proud to serve these items as part of their festivities," Farwell said.

HOW TO HOST A GREAT PARTY

KEEP IT SIMPLE
Sometimes the simplest dishes are the most delicious, and fine pre-prepared foods are perfect for taking the pressure off if you don't have much time to spare.

KNOW YOUR GUESTS
Understand your guests' likes and dislikes, and make sure to provide vegetarian options.

PRE-PREP
Get ready well before the party starts — the slicing and dicing, the food presentation, the decorating.

CREATE A MOOD WITH FESTIVE NAPKINS, PLATES, CUTLERY & GLASSES
Accent your home with festive candleholders, serving dishes, and other decorative touches to create a warm holiday atmosphere.

COMPILE THE PERFECT SOUNDTRACK
Consider the musical tastes of your guests, throw in some old favourites, and mix it up a little. Variety is key.

RELAX AND ENJOY THE PARTY
Make the time to chat with your guests. That's what really makes a great party — the good company and scintillating conversation.

Not sure what to get them this Christmas?
How about everything.

This Christmas give them the *Gift of Choice* with a Walmart Gift Card.

Creating happy holiday moments.
Walmart. Save money. Live better.

See store for details.

Carte-cadeau
Walmart
Gift Card
TM/MC

A CANADIAN RETAIL ICON IS READY FOR THE HOLIDAYS

SEARS' GIFT CARDS OFFER CHOICE, FLEXIBILITY

In 1953, General Robert E. Wood, the legendary Chairman of Sears Roebuck, and Co., Chicago, sent a letter to Edgar G. Burton, President of the Robert Simpson Company of Toronto, to propose a partnership between their two companies in order to serve the Canadian market.

Today — almost 60 years later — Sears Canada is a multi-channel retailer with a network that includes 196 corporate stores, 285 hometown dealer stores, 31 home services showrooms, more than 1,700 catalogue merchandise pick-up locations, 108 Sears Travel offices and a nationwide home maintenance, repair, and installation network. Sears also publishes Canada's most extensive general merchandise catalogue and offers shopping online at sears.ca.

YES, WISHES DO COME TRUE — AT SEARS

Something that hasn't changed in six decades is Sears Canada's ability to make wishes come true, especially at Christmas time. Who's not familiar with the Sears Holiday Wish Book and the sight of a Sears store festively turned out for the Christmas season?

What has changed in 60 years is the Sears ability to stay current and relevant for Canadian consumers, including a strong online presence that's open 24/7 at sears.ca. If there's no time to visit the Sears store, busy moms and dads strapped for time can find almost anything online. And, for those hard-to-by-for individuals, Sears offers gift cards that offer choice and flexibility when it comes to gift giving. Sears gift cards can be purchased and redeemed across different channels, including stores, online as well as through the catalogue.

CHOICE, CHOICE AND MORE CHOICE

"Cards can be redeemed towards almost anything Sears has to offer," says Carla Seaquist, Product Manager, Gift Cards. "That includes purchases made in our stores, for your next travel destination, for a new roof or windows, or for your next family photo shoot." The choices don't end there.

Along with its proprietary gift cards, Sears also sells third-party gift cards. "We now offer everything from iTunes and Petro-Canada cards to Chapters Indigo and long-distance calling cards. You could say that we are a destination for gift cards. We've also partnered with Life Experiences.ca — the Canadian leader in experience gifts. There's no need to go anywhere else for your gift," says Seaquist.

THE PERFECT GIFT IS IN THE CARDS

WITH THE BUFFET OF GIFT CARDS OUT THERE, WHY CHOOSE SEARS?

GET PERSONAL

Sears offers a website (searsgiftcards.ca) where you can upload your favourite family photo and have it printed on a gift card. It's a great way to send someone a personalized gift right to his or her door. And why not select a special tin online to dress up your gift? If you don't have that perfect holiday family picture yet, there's also a link along with a special offer to Sears Portrait Studio where you can have your pictures saved on a CD. This way you can upload your pictures and use them on the personalized website to create a unique card.

NO FEES, NO EXPIRATION DATE

With Sears gift cards, you don't pay any additional fees nor do you have to worry about expiration dates (because there aren't any!). Gift cards are accepted at all Sears Department, Hometown, Outlet and Home Furnishing stores as well as through all of their service agents such as Sears Travel, Home Services and select licensed departments.

FLEXIBILITY

Gift cards are available in denominations ranging from $10 up to $500. There are many designs from which to choose — from the simple and elegant to the fun and festive. You can select one of the existing designs or create your own through the personalized gift card service. If you're a business looking for gift cards: Sears has a team that will deliver your holiday needs, just call 1-866-297-5306 or visit searsincentives.ca.

GIFT CARD PAIRINGS

If you love the idea of giving a card, but want to add an extra something special, you'll find some fun and interesting gift-card pairings available through Sears, for example, for $3.99 you can purchase Bosely™ the Beaver and Help support youth in your community, 50¢ from every sale will go to programs that promote the healthy development of youth.

THE IDEAL BUSINESS OR WORK GIFT

Sears Incentives Gift Cards are the perfect solution to reward employees, show appreciation to clients or customers, mark special occasions and so much more. Cards are available in any denomination from $5 to $500. Volume rebates are available for bulk purchases. For more information, please call 1-866-297-5306 or visit searsincentives.ca.

Sears

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gift cards to fulfill every WISH

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VISIT **SEARSGIFTCARDS.CA**

1 UPLOAD IMAGE 2 ADD YOUR MESSAGE 3 ORDER CARD

GIVE THEM WHAT THEY REALLY WANT

INDIGO GIFT CARDS REDEEMABLE IN-STORE, ONLINE

With Indigo gift cards, it's easy to give the gift they really want, redeemable both in-store and online, in both physical and electronic formats. Easy to give, easy to use on your favourite books, gifts and toys.

One of the easiest ways to exchange gifts this season is with Indigo's electronic gift cards. Conveniently purchased from Indigo's website, the electronic gift card is emailed directly to your recipient on a selected date. Choose from eight colourful holiday themes, in amounts from $2-$500. The traditional gift card, in amounts of $25, $50 and $100, is delivered right to your recipient's doorstep. All gift cards may be redeemed at Indigo, Chapters, Coles, kobo.com and indigo.ca.

What are this season's hottest gift items to redeem your gift cards? Indigo's annual best books list provides an easy gift inspiration for holiday shoppers. And teen books remain the biggest selling category behind adult fiction at Indigo and Chapters stores nationally.

But Indigo isn't just about books. "Indigo is Canada's largest purveyor of ideas and inspiration, at the heart of which is books and eReading but also includes a vast array of specialty toys, gifts and beautifully designed and affordable home décor that offer intrinsic quality, beauty and timelessness of design," says Janet Eger, Vice-president of public relations.

Another popular choice when redeeming gift cards this season is the Kobo family of eReaders, including the Kobo Vox Colour eReader, Kobo Touch WiFi, and the Kobo WiFi, as well as a range of stylish accessories. The new Kobo Vox is a 7-inch colour tablet pre-loaded with all the essentials including email, Web and media players and more than 15,000 Android Apps available.

Lots of great gifts for kids, tweens and teens can be purchased with the gift card. This holiday season, Canadians will be seeking unique and affordable gifts that touch the heart, mind and soul of every child on their list. Situated within Indigo and Chapters stores, IndigoKids shops boast 3,000 square feet of books and toys for children under 12 years old.

FREE SHIPPING ACROSS CANADA FOR PURCHASES OVER $25

In time for the busy holiday shopping season, Indigo's website features an easy and convenient online shopping destination for Canadians, where purchases over $25 ship free to anywhere in the country. Find out what products your friends "like" and "share" with Indigo's Facebook activity feed. Visit indigo.ca, become a fan at facebook.com/chaptersindigo, or follow Indigo on Twitter at twitter.com/chaptersindigo. "We're transforming our retail and online experience from a traditional bookstore to that of a unique retail experience that enriches customers' lives," says Janet Eger, vice-president of public relations.

Did you know that when you purchase a gift card holder, you're contributing to the Indigo Love of Reading Foundation? Choose from numerous styles and price points of gift card holders, from $1 sleeves to $4.99 plush bears and faux leather books in between at $1.99, with a portion of proceeds benefiting the Love of Reading Foundation.

The mission of the Indigo Love of Reading Foundation is to give every child a strong literacy foundation, providing $1.5 million in grants each year to high-needs elementary schools across Canada. And each fall, Indigo partners with the Foundation to host Indigo Adopt-A-School, where stores select a partner school to help replenish their libraries.

For every $25 gift card purchased, Indigo made a $12 donation to the adopted school.

Indigo gift cards are also one of the most appreciated gifts for teachers. Many people may not realize that, according to a Canadian Teacher's Federation study, teachers contributed an average of $453 per year on classroom materials that will not be reimbursed. So it's no wonder that according to a 2010 Indigo survey, nine out of 10 teachers preferred to receive gift cards from Indigo for Christmas and year-end "thank you" gifts.

TWEET YOUR SHOPPING LIST

Could you use some social networking help with your Christmas shopping list? Indigo has just launched #IndigoGiftSOS. Users can tweet their gifting dilemma and append the hashtag #IndigoGiftSOS to receive tailored recommendations from the little elves at Indigo. Followers can use #IndigoGiftSOS all the way through Dec. 24.

MUST-READ BOOKS

Indigo's book buying team reads hundreds of titles every year to create a compilation of must-read books. Here's Indigo's best of 2011 list:

HALF-BLOOD BLUES
Esi Edugyan – winner 2011 Scotiabank Giller Prize

THE CAT'S TABLE
Michael Ondaatje – Ondaatje's most personal

THE SISTERS BROTHERS
Patrick Dewitt – winner 2011 Governor Generals' Literary Award for Fiction

THE NIGHT CIRCUS
Erin Morgenstern – a totally original, enchanting debut

THE SENSE OF AN ENDING
Julian Barnes – winner 2011 Man Booker Prize

THE ART OF FIELDING
Chad Harbach – a perfect book for Dad

1Q84
Haruki Murakami – long awaited masterpiece; taut, mind-bending story

THE HOUSE OF SILK
Anthony Horowitz – the first Sherlock Holmes story authorized by Sir Arthur Conan Doyle's estate

SWAMPLANDIA!
Karen Russell – a quirky, spooky book from a young writer to watch

11/22/63
Stephen King – speculative fiction reviving vintage Stephen King

REAMDE
Neal Stephenson – an action-packed thriller driven by ideas and questions

MORE *choice*. LESS WRAPPING.

The Indigo gift card. The card everyone loves to receive.
Redeemable on books, ebooks, gifts, toys and more.

Indigo | Chapters | Coles | indigo.ca

Your one stop holiday shop

Need last-minute gift advice? Tweet your request using #IndigoGiftSOS for suggestions from experts!

HOW TO GET MORE OUT OF GIFT CARDS THIS HOLIDAY SEASON

For the fifth year in a row, gift cards top the list of most popular presents to receive. But before you stock up on these holiday favourites, make sure you're getting the most for your money. Frances Ho, founder of CardSwap, Canada's leading site for buying and selling gift cards, offers these expert tips for stretching your budget a little further:

1. Turn points from loyalty programs such as Air Miles or Aeroplan into gift cards.
2. Browse sites such as CardSwap.ca (for Canada) or Plastic Jungle (U.S. only) to find gift cards for 10 to 15 per cent below face value.
3. Avoid overspending: Use a prepaid Visa card to purchase all your gifts. Once the card is depleted, you are done!
4. When you receive gift cards, save them for Boxing Day or early January. That's when stores offer their best deals, so your card has morebuying power.
5. Don't waste your gift cards by letting them sit in a drawer. If you haven't redeemed them by February, consider converting them to cash through a site like CardSwap.ca.

Ho also suggests rounding up old gift cards and selling them online to make some quick holiday cash. She says the average family has several unused cards lying around the house - and they could see as much as 92 per cent of that face value. That could offer a welcome boost to this year's gift-giving budget.

Happy Shopping!

THE ART OF DISGUISE: EIGHT WAYS TO WRAP A GIFT CARD

Gift cards - the multi-billion dollar business that just keeps growing. From the food and wine aficionado to the fashionista there's a perfect gift card for everyone. Buyers need not worry about the gift being the right colour or size because it's a "one size fits all" label. And recipients love the ease and flexibility.

But how does the giver, in keeping with the spirit and mystery of Christmas, disguise the card, maintain the element of surprise and make it exciting for the recipient?

Here are a few suggestions:

- Purchase plastic gift card holders on the Internet. Not all that original but certainly useful and easy to wrap.
- Use cardboard tubing from finished rolls of paper towel and wrapping paper to make containers and then wrap them up like festive firecrackers.
- Tape cards inside picture frames. You might already have an unused one at home or you can pick one up at the dollar store.
- Enclose your card in a small box wrapped in a colourful tea towel. Affix a plastic knife and fork to the package and finish with a big, showy bow.
- Tuck the gift card in a small basket, hiding it among theme-related items. Enclose the basket in clear or coloured cellophane bags and fasten it with ribbon.
- Enclose the gift card in a CD case. Design a cover with graphics and a snappy title related to the card.
- Place the card into a coffee mug and cover it with small packages of candies and nuts.
- Tape inside a book and include a note on the front cover referring the recipient to the particular page.

Now sit back and relax, knowing your secret is safe.

High quality, locally made gifts will be at the top of the list for shoppers this holiday season, said Jane McFadden, co-owner of Fine Finds Boutique in Vancouver.

"People want affordable, but they still love to give gifts that are unique and personal," she explained.

Fine Finds carries a wide range of pretty things to fit every budget, including women's clothing, shoes, and accessories. The shop also carries tutus and other adorable gifts for kids.

Home wares are especially popular this year, she said. "People are staying home for the holidays," she said. "It's all about the simple pleasures."

Top 5 gift ideas for 2011 from Fine Finds Boutique:

CUSTOMIZABLE JEWELRY

Victorian style, gold-plated chains ($18-$25) and charms ($12 to $20) from Beaucoup Designs can be mixed and matched into bespoke combinations.

WARMING PILLOW

Filled with natural milled rice, this aromatherapeutic pillow from Warming Buddy will change your life. ($35)

RAINCITY BOOT WARMERS

These chunky knitted warmers from local company Kove come in lots of colours and keep you toasty in your gumboots. ($70)

URBAN EARS

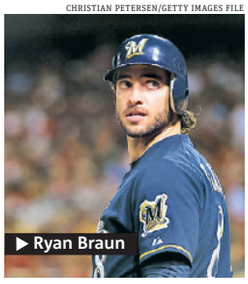
For listening to Nat King Cole in style this season, McFadden recommends this brand's limitededition black quilted headphones. ($95)

THE MARLA COAT BY MACKAGE

This beige down parka is a splurge, but it will be well loved and last for years. Fur collar and hood, removable vest inset, extra warm. ($970)

You can browse these items and many more at the Fine Finds location at 1014Mainland St. in downtown Vancouver and online at finefindsboutique.com.

CHRISTIAN PETERSEN/GETTY IMAGES FILE



▶ Ryan Braun

MVP Braun facing ban for alleged PED use

Ryan Braun certainly doesn't fit the image fans conjure up when they hear that a baseball slugger has been accused of using performance-enhancing drugs.

Since he joined the Milwaukee Brewers, Braun has belted big home runs not with cartoonishly large muscles, but with a sweet swing and an ultra-quick bat. Last season, he helped drive the Brewers to the playoffs and was voted the NL's Most Valuable Player.

Now Braun finds himself fighting a 50-game suspension after news leaked that he has tested positive. Braun's representatives steadfastly maintain his innocence.

ESPN cited two sources Saturday in first reporting the result, saying Braun tested positive for elevated levels of testosterone, adding that a later test by the World Anti-Doping Agency lab in Montreal determined the testosterone was synthetic.

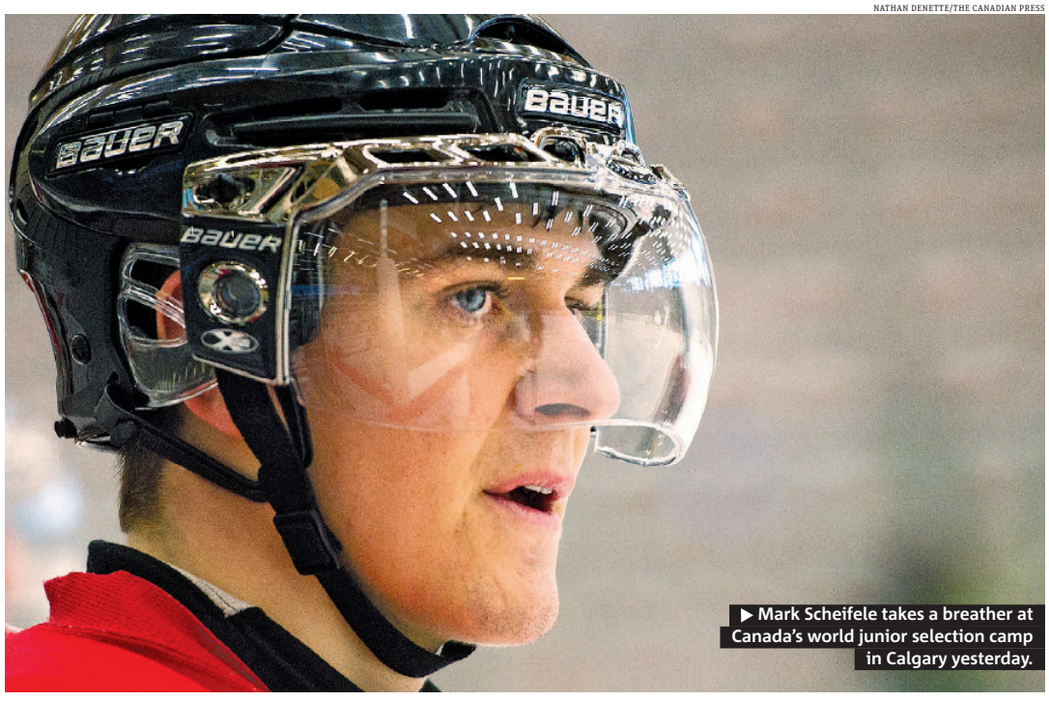
A spokesman for Braun said in a statement issued to ESPN and The Associated Press that "there are highly unusual circumstances surrounding this case which will support Ryan's complete innocence."

"There was absolutely no intentional violation of the program," Matthew Hiltzik said in a statement sent by the four-time all-star left fielder's representatives.

The case is still being appealed to an arbitrator under MLB's drug program, people familiar with the situation told the AP. The people spoke on condition of anonymity because the appeal is ongoing and said Braun and others involved in the appeals process have known about the positive test since late October.

THE ASSOCIATED PRESS

NATHAN DENETTE/THE CANADIAN PRESS



▶ Mark Scheifele takes a breather at Canada's world junior selection camp in Calgary yesterday.

Scheifele at centre of Canada's WJC hopes

- Jets' top pick looks to come out of camp as national team's No. 1 centre
- 'I'm going to do whatever it takes to do that,' says confident 18-year-old

Three NHL centres could have played for Canada's junior team, but won't, leading to questions about the country's depth up the middle for the upcoming world junior hockey championships.

Ryan Nugent-Hopkins of the Edmonton Oilers, Ryan Johansen of the Columbus Blue Jackets and Sean Couturier of the Philadelphia Flyers were not released to try out for Canada by their respective NHL clubs.

When the players invited to Canada's selection camp hit the ice for the first time yesterday in Calgary, it looked like only six centres were competing for four jobs on the team.

But head coach Don Hay and Hockey Canada head scout Kevin Prendergast insist Canada won't be short at centre. As many as five who started camp on the wing can also play in the middle, Prendergast said.

"I would do wingers in the middle," Hay agreed prior to the first intra-squad game last night. "There's going to be guys that play out of position. There's going to be roles for different players. I think good players can adapt."

Prendergast has said the team wants two scoring centres and two more to play a two-way game.

Mark Scheifele of the Barrie Colts and Ryan Strome of the Niagara IceDogs are the frontrunners for two of the four jobs. While the world junior championship is considered a 19-year-old's tournament, they are both 18.

Scheifele, from Kitchener, Ont., played seven games with the Winnipeg Jets and scored his first NHL goal before he was returned to the Colts. He is putting it out there that he wants to be the No. 1 centre on the Canadian team.

"I think it's definitely important to make goals like that," Scheifele said. "That's definitely my goal, to be the No. 1 centre. I'm going to do whatever it takes to do that."

Although Strome didn't appear in any regular-season games with the New York Islanders, they kept the Mississauga, Ont., native with the team until Oct. 13.

"They're high-profile young men," Hay said. "They've been exposed to the National Hockey League level and played in some exhibition games and some regular season games.

"They're like anybody else. They have to show us they can play a 200-foot game and be good on both sides of the puck and not just be an offensive guy, but a good defensive guy."

The Jets took Scheifele seventh overall in this year's NHL draft. While he's bigger than Strome at almost six foot two and 192 pounds, Prendergast says both have good hockey sense and distribute the puck well.

Scheifele has 13 goals and 23 assists in 19 games for the Colts since returning from the NHL.

Strome, the fifth overall pick the Isles, has 16 goals and 17 assists in 32 games for the IceDogs. The six-foot, 183-pound forward is prepared to be a checking forward if that's what it takes to make the team.

"Everybody's got to go out there and play the body and be gritty and that's what I plan to do," Strome said. THE CANADIAN PRESS

Tryout timeline

Forty-two players reported to camp in Calgary on Saturday.

- Canadian head coach Don Hay intends to thin the crowd with the first round of cuts tomorrow morning after watching the players in two intra-squad games.
- The remaining players face a team of university selects in an exhibition game tomorrow night. Hay will announce Canada's 22-player roster Wednesday.
- The tournament gets underway on Dec. 26 and will be played in Calgary and Edmonton.

4 sports

Quoted

"It's a piss-off. Sorry, that's as blunt as I can be."

CANADIAN OLYMPIC ICE DANCE CHAMPION SCOTT MOIR AFTER HE AND PARTNER TESSA VIRTUE WERE AWARDED A SILVER MEDAL AT THE ISU GRAND PRIX FINAL YESTERDAY IN QUEBEC CITY. AMERICAN WORLD CHAMPIONS MERYL DAVIS AND CHARLIE WHITE CLAIMED GOLD.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	28	18	7	2	1	101	81	39	8-4-1-1	10-3-1-0	7-3-0-0	W5
d-Boston	28	18	9	0	1	94	59	37	10-6-0-1	8-3-0-0	7-2-0-1	W1
d-Florida	30	16	9	2	3	82	77	37	6-2-1-3	10-7-1-0	5-3-2-0	L2
NY Rangers	27	17	6	1	3	83	60	38	8-2-0-2	9-4-1-1	7-2-0-1	W2
Pittsburgh	30	17	9	2	2	94	75	38	8-2-2-0	9-7-0-2	6-3-1-0	W1
Toronto	29	15	11	2	1	91	94	33	6-4-2-1	9-7-0-0	5-4-1-0	L2
Buffalo	29	15	12	1	1	79	79	32	7-9-1-1	8-3-0-0	3-5-1-1	L1
Washington	28	15	12	0	1	88	89	31	10-4-0-1	5-8-0-0	5-5-0-0	W2
Montreal	30	12	11	2	5	74	77	31	4-5-2-4	8-6-0-1	2-3-2-3	W1
Winnipeg	29	13	12	3	1	82	92	30	9-4-0-0	4-8-3-1	6-3-1-0	L1
Ottawa	30	13	13	2	2	91	105	30	7-6-0-1	6-7-2-1	3-4-2-1	L3
New Jersey	28	14	13	0	1	71	80	29	6-5-0-1	8-8-0-0	4-6-0-0	L1
Tampa Bay	29	12	15	0	2	75	96	26	7-4-0-0	5-11-0-2	3-7-0-0	L1
NY Islanders	27	9	12	4	2	62	88	24	6-7-3-0	3-5-1-2	4-3-2-1	L2
Carolina	31	9	18	2	2	79	108	22	5-9-0-2	4-9-2-0	2-8-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	30	20	7	2	1	79	64	43	10-4-1-0	10-3-1-1	8-2-0-0	W7
d-Chicago	30	18	8	1	3	99	92	40	9-2-0-3	9-6-1-0	6-3-0-1	W2
d-Dallas	28	16	11	0	1	73	78	33	9-4-0-1	7-7-0-0	5-4-0-1	W1
Detroit	28	18	9	1	0	89	62	37	12-2-1-0	6-7-0-0	8-2-0-0	W2
Vancouver	29	18	10	0	1	97	71	37	8-4-0-1	10-6-0-0	9-1-0-0	W4
St. Louis	29	17	9	0	3	71	62	37	11-3-0-1	6-6-0-2	7-2-0-1	W3
Phoenix	29	15	11	1	2	77	76	33	6-6-1-1	9-5-0-1	5-5-0-0	L2
San Jose	27	15	10	2	0	75	64	32	8-6-1-0	7-4-1-0	4-5-1-0	L2
Nashville	29	14	11	3	1	77	79	32	5-5-2-1	9-6-1-0	4-6-0-0	W2
Edmonton	30	14	13	0	3	83	80	31	9-5-0-2	5-8-0-1	4-5-0-1	L1
Calgary	29	14	13	1	1	73	80	30	8-5-1-1	6-8-0-0	6-3-0-1	W3
Los Angeles	29	13	12	2	2	65	67	30	8-9-0-1	5-3-2-1	3-6-1-0	L4
Colorado	30	13	16	1	0	78	91	27	7-9-0-0	6-7-1-0	4-6-0-0	L3
Anaheim	29	8	16	2	3	67	95	21	6-9-1-0	2-7-1-3	2-7-1-0	L2
Columbus	29	8	17	1	3	71	99	20	5-8-1-1	3-9-0-2	3-4-2-1	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Chicago 3 San Jose 2 (OT)
N.Y. Rangers 6 Florida 1
Saturday's results
Calgary 3 Edmonton 0
Detroit 7 Winnipeg 1
Montreal 2 New Jersey 1
Vancouver 4 Ottawa 1
Boston 5 Columbus 3
Dallas 2 Los Angeles 1
Minnesota 4 Phoenix 1
Nashville 3 Anaheim 2
N.Y. Rangers 4 Buffalo 1
Philadelphia 5 Tampa Bay 2
Pittsburgh 6 N.Y. Islanders 3
St. Louis 1 San Jose 0
Tonight's game
All Times Eastern
New Jersey at Tampa Bay, 7:30 p.m.
Tomorrow's games
Los Angeles at Boston, 7 p.m.
Ottawa at Buffalo, 7 p.m.
Carolina at Toronto, 7 p.m.
Dallas at N.Y. Rangers, 7 p.m.
Detroit at Pittsburgh, 7 p.m.
Philadelphia at Washington, 7 p.m.
Vancouver at Columbus, 7 p.m.
N.Y. Islanders at Montreal, 7:30 p.m.
New Jersey at Florida, 7:30 p.m.
Calgary at Nashville, 8 p.m.
Minnesota at Winnipeg, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Wednesday's games
Boston at Ottawa, 7:30 p.m.
Chicago at Minnesota, 7:30 p.m.
Phoenix at Anaheim, 10 p.m.

SATURDAY

CANADIENS 2, DEVILS 1

First Period
No Scoring.
Penalties — Tedenby NJ (hooking) 13:37, Subban Mtl (tripping) 14:45, Zubrus NJ (tripping) 18:30.
Second Period
1. Montreal, Pacioretty 11 (Cole, Kaberle) 1:07 (pp)
Penalties — Henrique NJ (delay of game) 0:24, Kovalchuk NJ (boarding) 2:13, Diaz Mtl (hooking) 7:15.
Third Period
2. Montreal, Cole 10 (Darche, Kaberle) 5:17
3. New Jersey, Palmieri 4 (Tedenby, Sykora) 13:34
Missed penalty shot — Parise NJ, 19:10.
Penalties — Tedenby NJ (slashing) 3:06, Diaz Mtl (roughing) 18:05.
Shots

Montreal	9	6	9	24
New Jersey	13	9	7	29

Goal — Montreal: Price (W,11-8-7); New Jersey: Brodeur (L,6-8-0). **Power plays (goals-chances)** — Montreal: 1-5; New Jersey: 0-3.
Referees — Dean Morton, Don Van Massenhoven.
Linesmen — Lonnie Cameron, Vaughan Rody.
Attendance — 14,210 (17,625) at Newark, N.J.

CANUCKS 4, SENATORS 1

First Period
1. Vancouver, Edler 5 (H.Sedin, Kesler) 1:10 (pp)
2. Vancouver, Kesler 6 (Hansen, Raymond) 8:23
Penalties — Smith Ott (hooking) 1:06, H.Sedin Vcr (holding) 10:23, Weiss Vcr, Foligno Ott (fighting) 15:30, H.Sedin Vcr (hooking), Bieksa Vcr (roughing), Phillips Ott (roughing) 18:25, Neil Ott (slashing) 19:53.
Second Period
3. Vancouver, Kesler 7 (H.Sedin, D.Sedin) 8:35 (pp)
4. Ottawa, Greening 7 (Spezza, Lee) 18:48
Penalties — Ottawa bench (too many men; served by Foligno) 4:11, Regin Ott (hooking) 8:20, Ballard Vcr (roughing), Foligno Ott (boarding, misconduct) 10:05, H.Sedin Vcr (interference) 19:32.
Third Period
5. Vancouver, Weise 2 (Rome) 16:30
Penalties — Lapierre Vcr (roughing, misconduct) 2:44, Edler Vcr (cross-checking) 3:25, Butler Ott (high-sticking) 6:02.
Shots

Vancouver	9	11	8	28
Ottawa	9	5	10	25

Goal — Vancouver: Luongo (W,11-6-1); Ottawa: Anderson: (L,12-10-2). **Power plays (goals-chances)** — Vancouver: 2-5; Ottawa: 0-5.
Referees — Kevin Pollock, Marcus Vinnerborg.
Linesmen — Pierre Champoux, Derek Nansen.
Attendance — 19,171 (19,153) at Ottawa.

RED WINGS 7, JETS 1

First Period
1. Winnipeg, Little 10 (Wheeler, Kane) 0:35
2. Detroit, Bertuzzi 3 (Franzen, Lidstrom) 6:47
3. Detroit, Zetterberg 6 (V.Filppula, Kronwall) 14:56
Penalties — None.
Second Period
4. Detroit, Hudler 5 (Franzen, Datsyuk) 4:03
5. Detroit, Conner 1 (Cleary, Helm) 4:43
6. Detroit, V.Filppula 10 (Datsyuk, White) 9:31
7. Detroit, Miller 3 (B.Stuart, Bertuzzi) 12:41
Penalties — Little Wpg (tripping) 7:42, Bertuzzi Det (hooking) 7:59, Ericsson Det (holding) 12:59, M.Stuart Wpg (interference) 16:43, Antropov Wpg (slashing) 18:52.
Third Period
8. Detroit, Hudler 6 (Zetterberg) 1:12
Penalties — None.
Shots

Winnipeg	9	9	12	30
Detroit	12	13	4	29

Goal (shots-saves) — Winnipeg: Pavelec (L,10-10-4)(26-19), Mason (1:12 third)(3-3); Detroit: Howard (W,17-6-1). **Power plays (goals-chances)** — Winnipeg: 0-2; Detroit: 0-3.
Referees — Gord Dwyer, Marc Joannette.
Linesmen — Brian Mach, Scott Driscoll.
Attendance — 20,066 (20,066) at Detroit.

FLAMES 3, OILERS 0

First Period
No Scoring.
Penalties — Iginla Cal (cross-checking) 3:58, Jones Edm (goaltender interference) 13:31.
Second Period
1. Calgary, Kostopoulos 3 (Smith, Stajan) 13:45 (pp)
2. Calgary, Iginla 10 (Morrison, Bouwmeester) 19:44
Penalties — Whitney Edm (roughing), Jokinen Cal (double high-sticking) 8:23, Gagner Edm (slashing) 11:46, Petry Edm (tripping) 18:43, Jokinen Cal (interference) 19:14.
Third Period
3. Calgary, Iginla 11 (Jokinen) 19:40 (en)
Penalties — Horcoff Edm (tripping) 1:10, Gilbert Edm (slashing) 8:17, Edmonton bench (too many men; served by Hordichuk) 15:05.
Shots

Edmonton	6	6	9	21
Calgary	11	16	7	34

Goal — Edmonton: Dubnyk (L,4-7-0); Calgary: Kiprusoff (W,14-9-1). **Power plays (goals-chances)** — Edmonton: 0-4; Calgary: 1-7.
Referees — Eric Furlatt, Jean Hebert. **Linesmen** — Michel Cormier, Jonny Murray.
Attendance — 19,289 (19,289) at Calgaru.

NFL

WEEK 14

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	10	3	0	.769	396	274
N.Y. Jets	8	5	0	.615	327	270
Buffalo	5	8	0	.385	288	341
Miami	4	9	0	.308	256	246

SOUTH

	W	L	T	Pct	PF	PA
Houston	10	3	0	.769	330	208
Tennessee	7	6	0	.538	266	251
Jacksonville	4	9	0	.308	193	252
Indianapolis	0	13	0	.000	184	382

NORTH

	W	L	T	Pct	PF	PA
Baltimore	10	3	0	.769	320	202
Pittsburgh	10	3	0	.769	282	198
Cincinnati	7	6	0	.538	285	270
Cleveland	4	9	0	.308	178	254

WEST

	W	L	T	Pct	PF	PA
Denver	8	5	0	.615	269	302
Oakland	7	6	0	.538	290	354
San Diego	6	7	0	.462	324	299
Kansas City	5	8	0	.385	173	305

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	7	6	0	.538	324	349
Dallas	7	6	0	.538	317	281
Philadelphia	5	8	0	.385	297	292
Washington	4	9	0	.308	229	290

SOUTH

	W	L	T	Pct	PF	PA
x-New Orleans	10	3	0	.769	415	286
Atlanta	8	5	0	.615	300	267
Carolina	4	9	0	.308	313	355
Tampa Bay	4	9	0	.308	232	370

NORTH

	W	L	T	Pct	PF	PA
y-Green Bay	13	0	0	1.000	466	278
Detroit	8	5	0	.615	367	305
Chicago	7	6	0	.538	301	255
Minnesota	2	11	0	.154	274	364

WEST

	W	L	T	Pct	PF	PA
y-San Francisco	10	3	0	.769	307	182
Arizona	6	7	0	.462	253	288
Seattle	5	7	0	.417	216	246
St. Louis	2	10	0	.167	140	296

x-clinched playoff spot; **y**-clinched division
Yesterday's results
New Orleans 22 Tennessee 17
Baltimore 24 Indianapolis 10
N.Y. Jets 37 Kansas City 10
Detroit 34 Minnesota 28
Houston 20 Cincinnati 19
Jacksonville 41 Tampa Bay 14
Atlanta 31 Carolina 23
Philadelphia 26 Miami 10
New England 34 Washington 27
Arizona 21 San Francisco 19
Denver 13 Chicago 10 (OT)
San Diego 37 Buffalo 10
Green Bay 46 Oakland 16
N.Y. Giants 37 Dallas 34
Thursday's result
Pittsburgh 14 Cleveland 3
Tonight's game
All Times Eastern
St. Louis at Seattle, 8:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man City	14	12	2	0	48	13	38
Man United	15	11	3	1	35	14	36
Tottenham	14	10	1	3	30	18	31
Arsenal	15	9	2	4	31	23	29
Chelsea	14	9	1	4	31	17	28
Liverpool	15	7	5	3	18	13	26
Newcastle	15	7	5	3	21	19	26
Stoke	15	6	3	6	16	24	21
Aston Villa	15	4	7	4	18	19	19
Norwich	15	5	4	6	24	28	19
Swansea	15	4	5	6	16	20	17
Everton	14	5	1	8	15	18	16
QPR	15	4	4	7	15	26	16
Fulham	15	3	6	6	16	18	15
West Brom	15	4	3	8	14	23	15
Sunderland	15	3	5	7	18	18	14
Wolverhampton	15	4	2	9	16	28	14
Wigan	15	3	3	9	14	29	12
Blackburn	15	2	4	9	22	34	10
Bolton	15	3	0	12	20	36	9

Yesterday's results
Stoke 2 Tottenham 1
Sunderland 2 Blackburn 1

ITALY

SERIE A

Team	GP	W	D	L	GF	GA	Pts
Udinese	14	9	3	2	18	7	30
Juventus	13	8	5	0	24	10	29
AC Milan	14	8	4	2	31	16	28
Lazio	14	8	4	2	22	11	28
Napoli	14	5	6	3	22	14	21
Palermo	14	6	2	6	16	16	20
Genoa	13	5	3	5	16	16	18
Catania	14	4	6	4	15	20	18
Cagliari	14	4	6	4	12	13	18
Inter Milan	13	5	2	6	16	18	17
Roma	13	5	2	6	15	17	17
Parma	14	5	1	8	15	20	17
x-Atalanta	14	5	7	2	17	16	16
Fiorentina	14	4	5	5	13	13	16
Chievo Verona	14	4	4	6	11	18	16
Bologna	14	4	3	7	13	20	15
Siena	14	3	5	6	14	14	14
Cesena	14	3	3	8	7	15	12
Novara	14	2	5	7	14	25	11
Lecce	14	2	2	10	13	26	8

x — penalized six points in betting scandal.
Yesterday's results
Atalanta 1 Catania 1
Bologna 2 AC Milan 2
Cagliari 0 Parma 0
Novara 1 Napoli 1
Udinese 2 Chievo Verona 1

SPAIN

LA LIGA

Yesterday's results
Athletic Bilbao 1 Racing Santander 1
Espanyol 4 Atletico Madrid 2
Getafe 1 Granada 0
Malaga 1 Osasuna 1
Rayo Vallecano 1 Sporting Gijon 3
Villarreal 1 Real Sociedad 1
Zaragoza 0 Mallorca 1

GERMANY

BUNDESLIGA

Yesterday's results
Borussia Dortmund 1 Kaiserslautern 1
Stuttgart 1 Bayern Munich 2

FRANCE

LIGUE 1

Yesterday's results
Auxerre 2 Nice 1
Lille 2 Dijon 0
Lorient 0 Lyon 1

SPEED SKATING

SHORT TRACK WORLD CUP

At Shangnai
(all distances in metres)
MEN
500
1, Charles Hamelin, Ste-Julie, Que., 40.905 seconds. 2, Jon Eley, Britain, 41.054. 3, Liang Wenhao, China, 41.178. **4, Charle Cournoyer, Longueuil, Que., 41.239**.
Overall Standings
1, Olivier Jean, Lachenaie, Que., 3,000. 2, Liang Wenhao, China, 2,804. 3, Jon Eley, Britain, 2,719. **4, Charles Hamelin, Ste-Julie, Que., 2,600**. 5, Gong Qiuwen, China, 2,150.
1,000
1, Kwak Yoon-gy, South Korea, 1:25.300. **2, Olivier Jean, Lachenaie, Que., 1:25.451**. 3, Noh Jinkyu, South Korea, 1:25.971. **4, Michael Gilday, Yellowknife, 1:25.989**.
Overall Standings
1, Kwak Yoon-gy, South Korea, 4,312. 2, Noh Jinkyu, South Korea, 2,096. **3, Charles Hamelin, Ste-Julie, Que., 2,000**. **4, Olivier Jean, Lachenaie, Que., 1,952**. 5, Michael Gilday, Yellowknife, 1,952.
5,000 RELAY
1, China, 6:38.567. **2, Canada (Michael Gilday, Yellowknife; Charles Hamelin, Ste-Julie, Que.; Olivier Jean, Lachenaie, Que.; Remi Beaulieu, Alma, Que.), 6:47.326**. 3, Britain, 6:38.222. 4, South Korea, penalty.
Overall Standings
1, South Korea, 2,664. **2, Canada, 2,650**. 3, China, 2,538. 4, Russia, 2,338. 5, Britain, 2,178.
WOMEN
500
1, Arianna Fontana, Italy, 44.026 seconds. 2, Liu Qiuhong, China, 44.111. 3, Fan Kexin, China, 44.130. **4, Caroline Truchon, Chicoutimi, Que., 44.299**. 5, Jessica Smith, U.S., penalty.
Overall Standings
1, Martina Valcepina, Italy, 3,470. 2, Liu Qiuhong, China, 3,294. 3, Arianna Fontana, Italy, 3,000. 4, Fan Kexin, China, 2,690. **5, Marianne St-Gelais, Roberval, Que., 2,000.**
1,000
1, Katherine Reutter, U.S., 1:31.387. 2, Li Jianrou, China, 1:30.927. 3, Yui Sakai, Japan, 1:31.612. 4, Lana Gehring, U.S., 1:32.187. 5, Cho Ha-ri, South Korea, 1:30.686.
Overall Standings
1, Yui Sakai, Japan, 3,050. 2, Elise Christie, Britain, 2,230. 3, Li Jianrou, China, 1,962. 4, Katherine Reutter, U.S., 1,000. 5, Lana Gehring, U.S., 1,640.
3,000 RELAY
1, China, 4:12.394. 2, U.S., 4:13.000. 3, Japan, 4:13.763. 4, Russia, 4:13.854.
Overall Standings
1, China, 3,640. 2, Japan, 2,408. 3, South Korea, 1,948. **4, Canada, 1,836**. 5, Italy, 1,672.

GOLF

DUBAI WORLD CHAMPIONSHIP

At Dubai, United Arab Emirates
Par 72 — Final Round

Alvaro Quiros	68-64-64-67—269
Paul Lawrie	65-73-66-67—271
Luke Donald	72-68-66-66—272
Peter Hanson	64-72-71-67—274
Charl Schwartzel	69-71-68-67—275
Louis Oosthuizien	72-67-66-71—276
Francesco Molinari	71-68-68-69—276
Robert Rock	68-69-71-69—277
Shane Lowry	69-70-68-70—277
Pablo Larrazabal	71-68-70-69—278
Graeme McDowell	71-71-71-66—279
Rory McIlory	66-71-71-71—279
Sergio Garcia	67-73-68-71—279
Martin Kaymer	73-71-64-71—279
Robert Karlsson	73-72-68-66—279

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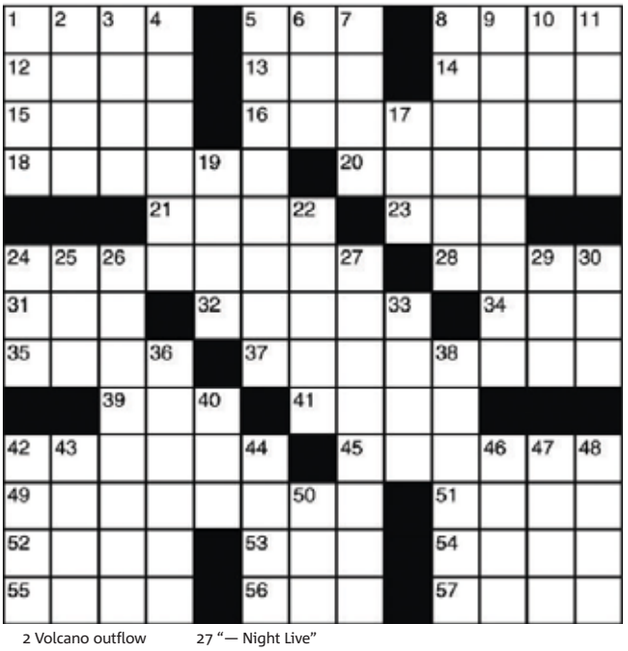
Crossword



Across
1 Eastern European
5 Use a crowbar
8 Resistance measures
12 Chantilly, e.g.
13 Individual
14 Reach 212 degrees, perhaps
15 Microwave, for one
16 Willingness to wait
18 No-goodnik
20 Bit of progress
21 Makes a mistake
23 Neither partner
24 New England football team
28 Astronaut Armstrong
31 "This tastes awful!"
32 Wall painting
34 Ram's mate
35 Standard
37 New Jersey city
39 Corn spike
41 Purple shade
42 Sculpture
45 Pale brown monkey
49 Spoke rapid-fire
51 Conflagration
52 Out of the storm
53 — carte
54 Rim
55 Fix
56 Firmament
57 Smell bad

Down
1 Unkempt one
2 Volcano outflow
3 Scored 100 on
4 Plywood layer
5 Boy band, e.g.
6 Genetic letters
7 Bigfoot's cousin
8 Fairy king
9 Award recipients
10 Isinglass
11 Coaster
17 Hostel
19 Bleak
22 Knapsack part
24 Play on words
25 Past
26 Menace
27 "— Night Live"
29 Jima preceder
30 Author Deighton
33 Walesa of Poland
36 In a thick tangle, as hair
38 Close-fitting jacket
40 Regret
42 Unwanted email
43 Story
44 Historic periods
46 Faction
47 Incite
48 Look for
50 Wapiti

▶ Friday's answer

Sudoku

	6	1	3		8	5	2	
5	2						8	4
		8	7		9	4		
	7			1			3	
		5	4		3	6		
8	1						5	3
	4	3	2		7	8	6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

4	3	7	6	1	9	8	2	5
9	5	6	8	2	3	1	7	4
1	2	8	4	7	5	6	3	9
2	1	4	9	5	7	3	6	8
6	7	9	2	3	8	4	5	1
5	8	3	1	4	6	7	9	2
3	9	5	7	8	1	2	4	6
7	4	1	5	6	2	9	8	3
8	6	2	3	9	4	5	1	7

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Eleni
i love you Eleni i cant stop thinking bout you your everyday on my mind i love you and will always love you i just want u to know that u r the girl for me and i will love you forever and i will never let that go
FROM TEDDY JAMES

me
Howdie me. Peaches here...not sure if I am the peaches you are looking for. Need more info before I call
FROM PEACHES

Stranger
Thank you ... Thanks for being there for me , for having my back , for making me laugh , for putting a smile on my face , and for being a friend ! I really miss how close we used to be . You needed your space and I give it to you ! Here's your post that you asked for
FROM GUESS WHO

Today 3°/0° Sunny
Tuesday 3°/1° Wet snow 70%
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will do the opposite of what everyone thinks you will do, not because you have to but because you like to be unpredictable.

♉ Taurus April 21-May 21 The best things in life are free.

♊ Gemini May 22-June 21 There seems to be some tension in your dealings with other people.

♋ Cancer June 22-July 22 Something unexpected will knock you back a bit today and it will take you a while to find your stride again.

♌ Leo July 23-Aug.23 There is nothing you cannot handle. There is nothing you cannot do. Be extraordinary.

♍ Virgo Aug. 24- Sept. 22 If someone annoys you today the best and safest way to deal with them is to turn your back and walk away.

♎ Libra Sept. 23-Oct. 23 You will have to take sides in a dispute of some kind today.

♏ Scorpio Oct. 24-Nov. 22 Put your own needs first today and don't worry that some people may think you are being selfish.

♐ Sagittarius Nov. 23-Dec. 21 You will be extremely active over the next seven days as you strive to complete the various tasks you started in recent weeks.

♑ Capricorn Dec. 22-Jan. 20 Go out of your way to help someone in need.

♒ Aquarius Jan. 21-Feb. 18 Stop dreaming about what you would like to do and actually start doing it.

♓ Pisces Feb. 19-March 20. Do other people's achievements inspire you or make you envious? If it's the latter you need to realize that envy can motivate you as much as more positive emotions. Envy is only a bad thing if you do nothing with it. SALLY BROMPTON

Caption contest

MICHAEL DURHAM/ OREGON ZOO/ THE ASSOCIATED PRESS

PETR DAVID JOSEK/THE ASSOCIATED PRESS

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3. You walk away with a cheque.

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Karat|Price/gram

1oz Maple Leaf Coin (9999)	$1657/coin
999 Gold Coins and Bars	$50.76
24k Jewellery	$40.95
22k	$37.53
East Indian and Nuggets	$33.27
18k	$30.71
14k and dental	$23.88
10k	$17.06
.925 Sterling Silver	$0.57

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Maple Leaf Coins under 1 ounce	$53.29/gram
999 Gold Bars under 1 ounce	$49.36/gram
Silver Maple	$30.72/coin
Silver Bullion	$29.12/ounce

Silver

Unrecognized Silver bars 1 ounce or more	$0.77/gram
Stamped Sterling Silver	$0.57/gram
Stamped .800 Silver	$0.49/gram
Unstamped Solid Silver	$0.41/gram

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Coins from 1967	11.5 Times Face Value
Coins from 1968	8.9 Times Face Value

American Silver Coins

Coins from 1964 or ealier	15.9 Times Face Value

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999 Platinum Coins	$37.85/gram

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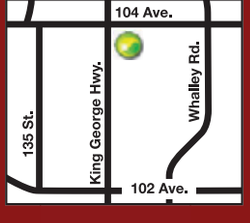

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